

PRAYER



What is it?

How do we pray?

What are the different types
& forms of prayer?

WHAT IS PRAYER?

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**“PRAYER IS NOTHING ELSE
BUT UNION WITH GOD.”**

ST. JOHN VIANNEY

**“FOR ME, PRAYER IS A
SURGE OF THE HEART; IT IS
A SIMPLE LOOK TURNED
TOWARD HEAVEN; IT IS A
CRY OF RECOGNITION & OF
LOVE, EMBRACING BOTH
TRIAL & JOY.”**

ST. THERESE OF LISIEUX

**“PRAYER OFFERED IN
HOLINESS FROM A
FAITHFUL HEART RISES
LIKE INCENSE FROM A
HOLY ALTAR.”**

ST. AUGUSTINE

**“IF A MAN WANTS TO
ALWAYS BE IN GOD'S
COMPANY, HE MUST PRAY
REGULARLY...”**

ST. ISIDORE

**“WE MUST PRAY, NOT IN
ORDER TO INFORM GOD
OF OUR NEEDS & DESIRES,
BUT IN ORDER TO REMIND
OURSELVES THAT IN
THESE MATTERS, WE NEED
DIVINE ASSISTANCE.”**

ST. THOMAS AQUINAS

**“TRUE PRAYER IS NOTHING
BUT LOVE.”**

ST. AUGUSTINE

**“... PRAYER IN MY OPINION
IS NOTHING ELSE THAN A
CLOSE SHARING BETWEEN
FRIENDS; IT MEANS TAKING
TIME FREQUENTLY TO BE
ALONE WITH HIM WHO WE
KNOW LOVES US.”**

ST. TERESA OF AVILA

**“PRAYER IS THE RAISING
OF ONE'S MIND & HEART TO
GOD OR REQUESTING OF
GOOD THINGS FROM GOD.”**

ST. JOHN DAMASCENE

**“PRAYER IS THE INNER BATH
OF LOVE INTO WHICH THE
SOUL PLUNGES ITSELF.”**

ST. JOHN VIANNEY

**“PRAY AS THOUGH
EVERYTHING DEPENDED ON
GOD. WORK AS THOUGH
EVERYTHING DEPENDED ON
YOU.”**

ST. AUGUSTINE

**“PRAYER STANDS BEFORE
GOD AS AN HONORED
AMBASSADOR. IT GIVES JOY
TO THE SPIRIT AND PEACE
TO THE HEART.”**

ST. JOHN CHRYSOSTOM

**“PRAYER IS HONEY THAT
FLOWS INTO THE SOUL AND
MAKES ALL THINGS SWEET.”**

ST. JOHN VIANNEY

WHAT IS PRAYER?

A TIME IN WHICH WE ENCOUNTER GOD.

Responding to God
Rest in God's presence
Praise God
Intercede/Pray on the behalf of
someone

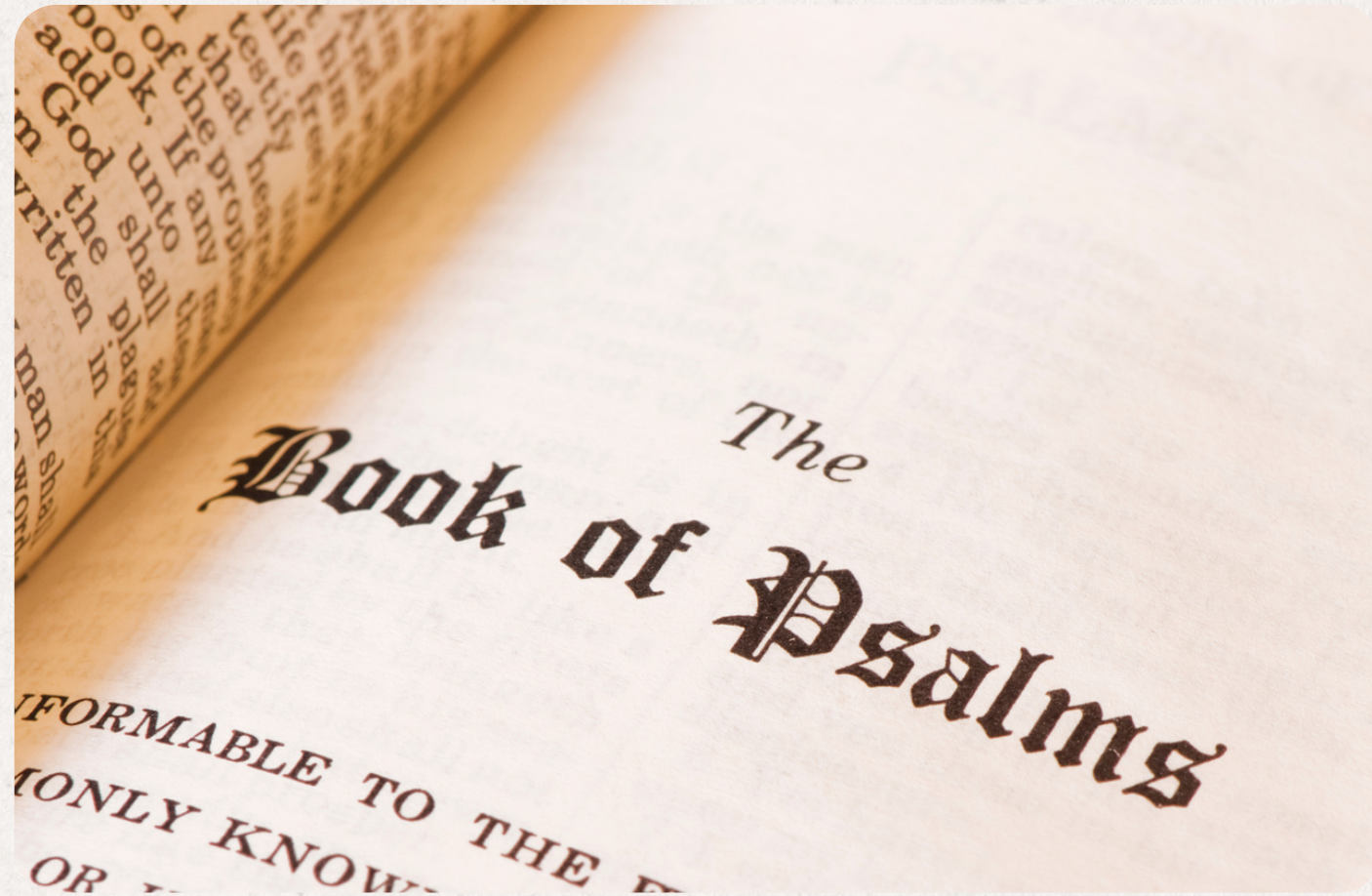
Meditate on our salvation
Thank God
Ask God for things
Meditate/Reflect on God's
movements in our lives

**BUILDING UP & ENGAGING IN A RELATIONSHIP WITH GOD
THROUGH A LONG, LOVING LOOK AT EACH OTHER**

WHAT IS PRAYER?

- Rote prayers
 - *Our Father, Hail Mary, Suscipe Prayer, the Jesus Prayer*
- Conversation with God
- Devotionals
 - *Rosary, Lectio Divina, Divine Mercy Chaplet, Stations of the Cross, Adoration, Consecrations, veneration of relics, Examen*
- Adoration, Petition, Intercession, Thanksgiving, Praise
 - *Ways of praying*
- Vocal Prayer
 - Rote/traditional prayers & spontaneous prayer
- Meditation
 - *Examen, Rosary, Stations of the Cross, Imaginative Prayer, Lectio Divina, Reflective Prayer*
- Contemplation
 - *Centering Prayer*

THE PSALMS



“IF THE PSALM PRAYS, YOU PRAY; IF IT LAMENTS, YOU LAMENT; IF IT EXULTS, YOU REJOICE; IF IT HOPES, YOU HOPE; IF IT FEARS, YOU FEAR. EVERYTHING WRITTEN HERE IS A MIRROR FOR US.”

~ST. AUGUSTINE

- Shows us how to pray & enables/teaches us how to approach God
- Help us to lift up our hearts to the Lord
- Teach us that there is no pit that the love of God is not present
- Sense of interior movement
- Christ and the Psalms
 - In Jesus Christ, the Psalms become flesh
 - Words & acts of Christ

THE MASS/LITURGY

- Prayer and Liturgy is at the heart of the Catholic faith-filled life
- Mass is one huge prayer, seeped in the Word of God, Tradition, and ultimately culminates in our reception of God through the a sacrament (The Eucharist)
- The mass is not just any experience of prayer
 - It is not something that is all about us or any particular religious group
 - Consists of the Body of Christ
- A prayer of the total body
 - Use of all of your senses: sight, smell, sound, touch, taste
 - Has a certain restraint
 - Don't give ourselves entirely over to our passions/beat of the drums
 - We are invited into a space of contemplation where our affections arise, but we aren't forced into it
 - Postures/actions we assume during Mass have purpose
- Mass slowly forms us into a life of prayer
 - Self-sacrificial love of God

TYPES OF PRAYER

VOCAL

- Most common type of prayer
- Out loud in a group, on our own, or in the silence of our minds
- Rote prayers
 - Standardized form of prayer
 - Creates sense of unity and continuity

MEDITATIVE

- When you speak to God from your own heart
- Focus mind on God and on the way he moves throughout your life
- *Some examples: Rosary, Imaginative Prayer, Examine, Lectio Divina, Divine Mercy Chaplet*

CONTEMPLATIVE

- When you rest completely in the presence of God, letting go of your imagination, thoughts and emotions
- When you simply rest and look at God and He looks back at you, in love
- Hardest form of prayer

WITHIN VOCAL PRAYER...

6 EXPRESSIONS OF PRAYER

Blessing

Intercession

Adoration

Thanksgiving

Petition

Praise

HOW DO WE PRAY?

Remember:

Prayer is about encountering with God and building up our relationship with Him

- Prayer is communal and personal
- Sometimes it takes 5 min or 30 secs to align our hearts to Christ
- Use the tools that God has given us to grow in relationship with God
- Technique cannot just be the only way to pray
- Prayer is not an obligation, but a moment for transformation
- Prayer is just simply us reaching out to God; not just through words
- Prayer is a launching of ourselves to Christ
- If we are people of faith, we are people of prayer: prayer does not have to be perfect, just has to be authentic (and to be with God)
- Set meeting with God
 - Never miss your meetings; build time in schedule & routine to “meet with God”

HOW DO WE PRAY?

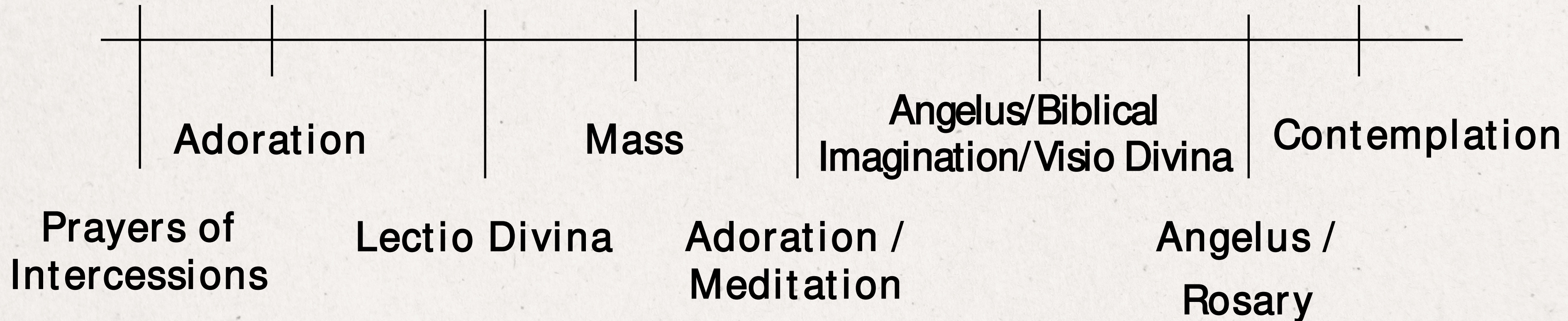
- Some Examples of Devotionals
 - Rosary
 - Divine Mercy Chaplet
 - Lectio Divina
 - Litanies
 - Novenas
 - Divine Office/Liturgy of the Hours
 - Imaginative Prayer
 - The Lord's Prayer
 - Stations of the Cross
 - Frameworks of Prayer
 - **TRIP** (Thanksgiving, Reconciliation, Intercession, Personal)
 - **ACTS** (Adoration, Contrition, Thanksgiving, Supplication)
 - **ARRR** (Acknowledgement, Relate, Receive, Respond in Gratitude)

SEASONS OF PRAYER

YOUR DIFFERENT MOODS : YOUR SEASON OF PRAYER

DIVERSITY OF PRAYER CAN HELP YOU GROW, SPIRITUALLY

SAMPLE PRAYER TIMELINE:





THE BEST WAY TO PRAY IS YOUR BEST WAY TO PRAY

It has to be out of love, not obligation

“Everyone of us needs half an hour of prayer each day, except when we are busy – then we need an hour.”

- St. Francis de Sales

FRAMEWORKS OF PRAYER

A.C.T.S.

Adoration

Focus on God's character & attributes, praise Him for who He is & express wonder at His greatness.

Confession

Acknowledge any sins or shortcomings and seek forgiveness from God, aligning with Him on areas where you need to change or improve.

Thanksgiving

Acknowledge any sins or shortcomings & seek forgiveness from God, aligning with Him on areas where you need to change or improve.

Supplication

Present your requests and needs to God, both for yourself & for others, trusting in His wisdom and guidance.

T.R.I.P.

Thanksgiving

Thank God for a blessing(s) in your life.

Repentance

What are you sorry for?

Intention

Who do you want to pray for?

Petition

What do you want to ask God for?

A.R.R.R.

Acknowledgement

What's going on? What are you feeling?

Relate

Share these things with Jesus. Talk to him as if with a friend.

Recieve

Who does Jesus say that you are? What does he want to say about this situation?

Respond in Gratitude

Is there anything that Jesus is asking you to do?