



# Prayer

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Ways to Pray



# What is Prayer?

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- Lifting up of the mind and heart to God
- Communication with God
- Talking with God
- Not complicated- simply talking
- Then listening
- Noticing our inner thoughts, insights, movements of the heart, feelings.



# What is Prayer?

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“Prayer is a lifting up of the heart,  
A look towards heaven, a cry of gratitude  
and love uttered equally in sorrow and  
joy, which enlarges my soul and unites it  
to God.”

*St. Theresa of Lisieux*



# What is Prayer?

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“A single grateful thought towards heaven is the most complete prayer.”

*Dolores Lessing*

“To pray is to descent with the mind into the heart.”

*Theophane the Monk*



# What is Prayer?

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“The person whose prayer is so ‘pure’ that never asks God for anything does not know who God is, and does not know himself/herself, for that person does not know his/her need for God.”

*Thomas Merton*



# What is Prayer?

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“ Prayer doesn’t change God.

It changes me.”

*C.S. Lewis*

“Prayer is an intimate sharing

between friends.”

*Theresa of Avila*



# God speaks through

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- Sacred Scripture
- Our thoughts
- Conversations with others
- Through circumstances



# Types of Prayer

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1. **Praise and Adoration:** prayer centered on God and the characteristics of God
  - Majesty
  - Glory and power
  - Love
  - Mercy





# Types of Prayer

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2. **Ask Forgiveness**
3. **Petition:** asking for something
4. **Thanksgiving:** be grateful and give thanks
5. **Intercession:** pray for the needs of others and our world



## Matt. 6:6

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When you pray, go into your room, close the door and pray to God.



# Matthew tells us How to Pray...

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- When – have a specific time
- Go – have a special place
- Close – seek some privacy
- Pray to – specific person
- Then the reward – God hears our prayer



# Praying by Mary Oliver

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It doesn't have to be the blue iris,





# Praying

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It could be weeds in a vacant lot,





# Praying

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Or a few small stones just pay attention then.





# Praying

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*Patch a few words together  
And don't try to make them  
elaborate,*





# Praying

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**This isn't a contest but a door into  
thanks**







# Praying

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And *a silence* in which another voice  
may speak.

Mary Oliver



# Prayer is most effective

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When we spend as much time listening as we do talking.

Author Unknown



# Suggestions for prayer

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- Read one of the psalms
- Read the psalm again slowly and stop when a line speaks to you
- Hold that line in your heart and mind
- Be with what that line wants to convey to you
- Repeat that line slowly
- Go back to the short line during your day and use it as a touch stone.



# Prayer suggestion Two

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- Read one of your favorite stories from scripture
- Read the story again slowly
- Now in your mind place yourself in the scene of the gospel story
- Do you wish to speak to anyone
- Does anyone wish to speak to you
- Listen
- What happens while you are there
- Journal about any insights that you gain



# Prayer suggestion three

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- Place yourself in God's presence and invent names for God
- Recite slowly names that are familiar to you (Creator, The Almighty, Father)
- Invent fresh names for God (my light, my strength,...)
- Give vent to your creativity
- Now imagine you hear Jesus inventing names for you. Notice what you feel when you hear Jesus call you by these names.



# Why do we pray?

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- Prayer helps us come to know God more intimately
- Prayer opens windows of understanding so that we grow in awareness and knowledge of our own self
- Prayer allows us to grow in our appreciation and respect for others and all creation
- Prayer opens the eyes and ears of our heart
- Prayer has the potential to change the quality of our living



# Happy Journeying

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