Prayer

Ways to Pray



- 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.



"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

"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

"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

" Prayer doesn't change God.

It changes me." c.s. Lewis

"Prayer is an intimate sharing between friends."

Theresa of Avila



God speaks through

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

Types of Prayer

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

Types of Prayer

- 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

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

Matthew tells us How to Pray...

- 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

It doesn't have to be the blue iris,



Praying

It could be weeds in a vacant lot,



Praying

Or a few small stones just pay attention then.



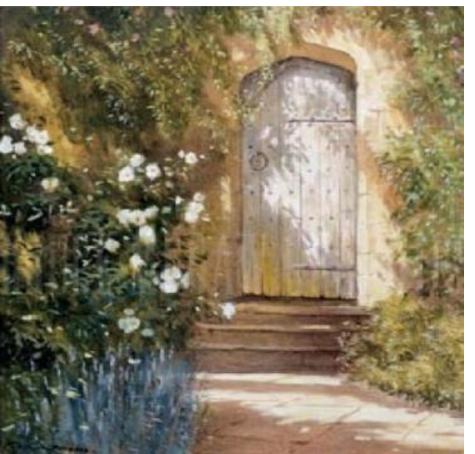


Patch a few words together And don't try to make them elaborate,

Praying

This isn't a contest but a door into

thanks



Praying

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

Mary Oliver



Prayer is most effective

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

Author Unknown



Suggestions for prayer

- 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

- 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

- 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?

- 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

