

I. Definition of Prayer

- a. Discourse with God
- b. Conversation with God
- c. Listening and speaking
 - i. 2 ears and 1 mouth.
 - 1. Listening is more important.
 - a. We usually do all the talking.

II. Do it!

III. Jesus prayed before all important things

IV. Fr. Watkins

- a. Holy cards, rosaries

V. Vocal

- a. Public
- b. Private
- c. Liturgical
- d. Devotional
- e. Rote
 - i. Lord's Prayer – Jesus taught us how to pray
 - ii. Bishop Sheen "I love you" example
 - iii. I'm glad for the unchanging parts of the Mass
- f. Spontaneous – very good also. Speak from the heart.

VI. RAPT, PRAT, ACTS

- a. Rapt in prayer – absorbed, engrossed, captivated, spellbound, immersed, fascinated.
 - i. Repentance – contrition (ACTS)
 - 1. Good to spend time here
 - ii. Adoration
 - 1. Good to spend time here
 - iii. Petition – supplication (ACTS)
 - 1. We probably spend most of our prayer time here.
 - 2. This is the area we should spend the least amount of time.
 - a. God already knows what we need before we ask him.
 - b. God knows better than we do what we need.
 - c. Still required by Christ

- i. Parables of the annoying woman and judge, and neighbor needing bread for a guest.

- iv. Thanksgiving

- 1. Good to spend time here.

VII. Meditatio

- a. Fr. Burger story

- i. Plant, fish
 - ii. Icon – windows into heaven
 - iii. holy water
 - iv. candle

- b. open ourselves to God's movement

- c. *Lectio divina* – focus on a "word"

- d. St. Ignatius

- i. Sit comfortable
 - ii. Breathing
 - iii. Put yourself into the scene.
 - iv. Spiritual Exercises

- 1. Discernment of Spirits

- a. What gives lasting happiness to the pure heart?

- e. Distractions

- i. Let them happen
 - ii. What is God telling me?
 - iii. Focus on word or icon

- f. Be patient

- i. God asks us to be faithful, not successful

VIII. Contemplatio

- a. Mystical union with God

- b. Wordless unity

- c. All God's doing

- i. We can't control it

- 1. Gift

- ii. can't explain it.

- 1. Many spiritual writers say the same thing.

- a. Very real

- d. Consolation

- i. Careful of spiritual sweet tooth

- e. Desolation

- i. Dark night of the soul
 - 1. Mother Teresa
- IX. Intercessory – communion of Saints
 - a. People on earth
 - b. Saints in heaven
 - c. Purgatory
- X. Sources
 - a. Sacred Scripture
 - b. Liturgy
 - c. Experience
 - d. Practice virtues
- XI. No substitute for Prayer
- XII. *Prayer for Beginners* – Peter Kreeft
- XIII. *Liturgy of the Hours* – Official prayer of the Church