

**PRAYER - WAYS TO PRAY**  
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Irene Haefele  
[fleatoo@cox.net](mailto:fleatoo@cox.net)

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REVIEW OF WHY PRAY (from September 2016)

RELATIONSHIP OF LOVE

GRATITUDE.

DESIRE

TIME

ONENESS of COMMITMENT, COMMON VALUES, COMMUNICATION.

MUTUAL

Isaiah 43 (OT 886)

John 15:9 (NT 167)

Practice of prayer requires

- Desire
- Decision
- Discipline
- Quiet.

Table Talk: Silence. Does it exist in your life? Why or why not.

Self Discipline: What does it look like in your life? What is the value of self-discipline? What does this have to do with prayer?

TWO GENERAL TYPES: COMMUNAL AND PERSONAL.

MASS - Worship is a form of communal prayer and contains prayer.

LITURGY (public work).

Source and summit of Christian Life (CCC 1324). Eucharist means

Thanksgiving.

Intercessory prayers

LITURGY OF THE HOURS

STATIONS OF THE CROSS (14) Via Dolorosa in Jerusalem

TAIZE/music

MORNING OFFERING

ROSARY

MEDITATION/CONTEMPLATION  
Ignatian Retreat in Daily Life

ADORATION

JOURNAL

LABYRINTH

NOVENA (nine days)

## **RESOURCES**

Laudate Free phone app with a lot of Catholic stuff.

For prayers and daily readings:

<http://www.stjohn-catholic.org/>

<http://www.usccb.org/> U.S. Conference of Catholic Bishops

<https://www.giveusthisday.org/> (Give Us this Day)

<http://www.magnificat.com/> (Magnificat)

<http://wau.org/> (Word Among Us)

## Authors

James Martin, SJ The Jesuit Guide to "Almost" Everything

Thomas H. Green, SJ Weeds Among the Wheat

Fr. Edward Hays Pray All Ways

J. Russell God Calling

Sarah Young Jesus Calling

How to say the rosary:

<http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/how-to-pray-the-rosary.cfm>

## DISCUSSION QUESTIONS

Practice of prayer is different for every person. What are some of your favorite ways to pray?

Prayer may be petition (asking for things/outcomes/guidance), praise, thanksgiving, contrition (saying sorry), reverence. How are these reflected in your prayer life?

Praying for each other brings us together in unity as children of God. Do you have any special requests at your table for prayer?

What could possibly be going on when we feel our prayers are not effective?

## PRAYER IN PRACTICE

Place a check by the statements that describe your prayer life. Circle unfamiliar words.

\_\_\_ My prayer time is primarily on Sunday when I go to mass/church.

\_\_\_ I make a Morning Offering to start each day.

\_\_\_ I pray mainly when I need help.

\_\_\_ My prayers include \_\_\_ thanksgiving \_\_\_ praise \_\_\_ listening.

\_\_\_ I tell God I am sorry for times when I have fallen short of my potential.

\_\_\_ My schedule is such that it is hard to find time to pray.

\_\_\_ I spend at least 5 minutes a day solely devoted to being in prayer with God.

\_\_\_ 15 minutes a day; \_\_\_ 30 minutes a day; \_\_\_ one hour a day.

\_\_\_ My prayer time is while I am driving.

\_\_\_ My prayers are most often ones I know by heart, e.g. rosary, Our Father, etc.

\_\_\_ Prayer is strictly between God and me.

\_\_\_ I use meditation/contemplation as a method of prayer.

\_\_\_ I have participated in Eucharistic adoration.

\_\_\_ I struggle with distractions during quiet prayer time.

\_\_\_ I share prayer intentions with friends.

\_\_\_ I pray the rosary \_\_\_ daily; \_\_\_ weekly; \_\_\_ occasionally

\_\_\_ I go to the Blessed Sacrament Chapel on occasion during the week.

\_\_\_ My family prays before meals.

\_\_\_ I keep a prayer journal.

\_\_\_ The same problems keep coming up when I pray to God.