

PRAYER - WAYS TO PRAY  
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REVIEW OF WHY PRAY (from September 2016)

Jesus did.

Required for a relationship with God. (Communication)

Response of faith. (Two to embrace)

Helps us to love. (Because we love God, we pray. Because we pray, we love more.)

Source of guidance when discerning (to see what is difficult to see), and making decisions.

Keeps us attentive to God in our everyday life; awareness. (Tuned to God.)

Thank you, sorry, praise, as well as petition.

Helps us know ourselves.

RELATIONSHIP SHOULD BE MUTUAL

OUR RELATIONSHIP WITH GOD IS BASED IN LOVE.

PRAYER IN PRACTICE WORKSHEET Circle any unfamiliar words.

Desire

Decision - Intentional.

Discipline

Quiet.

DISCUSSION

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?

LITURGICAL (or done with others in common purpose)

Mass

Liturgy of the Hours

Stations of the Cross

Taize

PERSONAL

Morning Offering

Lectio Divina

Rosary

Meditation/Contemplation

Adoration

Journal

Labyrinth

Novena - Nine days of intention.

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?

## RESOURCES

The BIBLE!

Laudate. Wonderful 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>