

PRAYER - WAYS TO PRAY
February 19, 2019

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US Catholic Catechism for Adults Ch 36

“Adoramus the, Christe” performed by Benedictines of Mary.

Latin

Adoramus te, Christe,
et benedicimus tibi,
quia per sanctam crucem tuam
redemisti mundum.
Qui passus es pro nobis,
Domine, Domine, miserere nobis.

English

We adore Thee, O Christ,
and we bless Thee,
who by Thy Holy Cross
hast redeemed the world.
Thou, who hast suffered death for us,
O Lord, O Lord,
have mercy on us.

Isaiah 43 (OT 886) “I have called you by name and you are mine.” (v.2b)

“You are precious in my eyes and honored, and I love you.” (v.4)

Jeremiah 29:12-14a (OT 944) “When you call me, and come and pray to me, I will listen to you...Yes, when you seek me with all your heart, I will let you find me.”

CCC #2826 “By prayer we can discern what is the will of God and obtain the endurance to do it.”

Practice of prayer requires

Desire

Decision

Discipline

Quiet

TWO TYPES (general): **LITURGICAL** (or group) and **PERSONAL**.

LITURGICAL (done with others in common purpose, communal)

MASS includes

- Intercessory prayer
- Eucharistic prayers
- Our Father

LITURGY OF THE HOURS - Official daily prayer of the Church. Readings and prayers required by the clergy, and elective by the Laity.

STATIONS OF THE CROSS Jesus' path on Good Friday.

TAIZE

PERSONAL

MORNING OFFERING

ROSARY Text p. 470

Luke 1: 26-33 (NT 100) Annunciation. "Hail favored one; the Lord is with you."

Luke 1: 39-42 (NT 100) Visitation. "...blessed are you among women, and blessed is the fruit of your womb."

How to say the rosary:

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

Laudate - Wonderful, free phone app with lots of Catholic stuff...

MEDITATION/CONTEMPLATION

Lectio divina - Divine reading

Examen - Ignatian Retreat in Daily Life

EUCCHARISTIC ADORATION/ Blessed Sacrament Chapel.

JOURNAL Technique to help awareness. Pay attention.

LABYRINTH Prayer path. Technique to facilitate concentration. See pic.

NOVENA - Nine days of prayer. Time between Ascension & Pentecost.

Psalm 25:1-7 (OT 620)

To you, O Lord, I lift up my soul.

In you, O my God, I have trusted;

let me not be put to shame;

let not my enemies exult over me.

Let none who hope in you be put to shame;

but shamed are those who wantonly break faith.

O Lord, make me know your ways.

Teach me your paths.

Guide me in your truth, and teach me;

for you are the God of my salvation.

I have hoped in you all day long.

Remember your compassion, O Lord,
and your gracious love,

for they are from of old.

Do not remember the sins of my youth,

nor my transgressions.

In your gracious love remember me,
because of your goodness, O Lord.

CHALLENGE QUESTIONS

Try setting up a regular, daily prayer time that includes a particular time, particular place, some quiet, and your Bible. The prayer can begin with an invitation for God's grace to enter your heart. Take time to be present and to seek God's presence. Read the Mass Gospel of the day. Reading aloud may help you concentrate. At the end, give thanks to God, and ask for God to remain with you throughout the day. Jot a note. Start with a total time of 15 minutes.

Wednesday, Feb 20th: Mark 8:22-26 (NT 84)

Healing from blindness may take some time.

Thursday, Feb 21st: Mark 8:27-33 (NT 84)

We don't always understand a bigger picture.

Friday, Feb 22nd: Matthew 16:13-19 (NT 41) Feast of Chair of St. Peter

Who do you say Jesus is?

Saturday, Feb 23rd: Mark 9: 2-13 (NT 85)

Jesus had 'support group' before facing great challenge. Who are they?

Sunday, Feb 24th: Luke 6:27-38 (Cycle C for Sunday readings) (NT 111)

What is mercy? Do you notice mercy in your life?

Monday, Feb 25th: Mark 9:14-29 (NT 85)

"I do believe; help my unbelief!"

Tuesday, Feb 26th: Mark 9:30-37 (NT 86)

Honor & prestige vs. trust & service/ sacrifice. My ways are often not God's ways.