

Your Prayer Style....

As unique as we are from one another, so is our prayer style. Yet we are all called to pray! When we pray in two's or three's, *GOD IS WITH US!*

He has given each of us gifts, abilities and strengths that cause us to pray in a certain way. Call it your prayer style.

"There are different ways God works in our lives, but it is the same God who does the work through all of us." 1 Corinthians 12:6



WHAT TYPE OF A PRAYER ARE YOU?

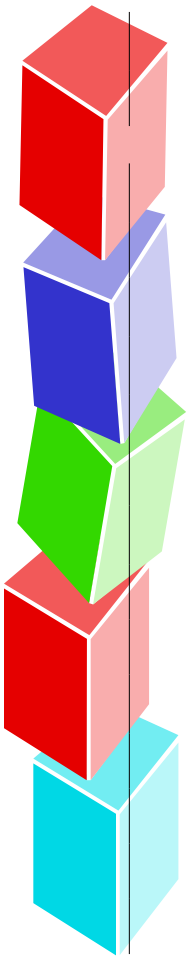
- ❖ Crisis Pray-er... you are always "on call" to pray for emergencies of any kind. You may not be able to do much physically about disasters, scandals, or government decisions, but you pray.
- ❖ List Pray-er... you love to pray from a list. Missionaries, sick people, friends, whatever. If they ask you to pray, you're on it and they're added to your list.
- ❖ Prophetic Pray-er... you listen to God as much as you speak to Him. God gives you information that helps you.
- ❖ Special Assignment Pray-er... you are like a spiritual "bodyguard" for individuals as God puts them on your heart.
- ❖ Worship Pray-er... you bring God's joy, comfort, and hope to situations when you sing your prayers instead of saying them.
- ❖ Administrative Pray-er... you love to organize others to pray. You inform others of prayer needs, set up prayer meetings, organize prayer chains, and so on. You work to help others pray more effectively.
- ❖ Flexible Pray-er... you engage in a variety of prayer styles. You move from one style to another, depending on where God needs you at the moment.
- ❖ Other Pray-er... your style may not be described here and may need to be defined by you!

Build Your Prayer Life



Ways to think about increasing their stewardship of time.

Make prayer a daily habit by committing time to pray.



- Make prayer the first thing you do when you get in your car to start your commute
- Make prayer the first thing you do after the kids get on the bus
- Pray in the shower every day
- Set a calendar event on your computer or cell phone - to remind you to take a few minutes to pray
- Keep a bowl/bag of written prayers on your dresser and read one each morning as you are getting ready
- Keep a prayer bag (with the name of people you are praying for) in your pocket book
- Work with prayer buddy (spouse or friend) who you email everyday to remind them to pray or to let them know you are praying for them



God is calling His people to partner with Him in prayer...


...whatever the style!

Prayer can be expressed in 3 different ways...

- ♦ **Vocal Prayer...** is spoken prayer, either aloud or silently spoken from one's heart.
- ♦ **Meditation...** prayers of reflection.
- ♦ **Contemplative Prayer...** the gift of simply being with God, quietly, loving and being loved.

Vocal Prayers Include...

0 **Traditional Catholic Prayers**...examples include the Stations of the Cross, and the Rosary.

Praying with Music... Listening and praying with Christian music is a common form of personal or group prayer. 

Stations of the Cross

When you pray Stations of the Cross you are tracing the footsteps of Christ, in his journey from being condemned to death to his resurrection. The 14 Stations can be prayed in formal groups, informal groups or alone. There is no set way to pray the Stations of the Cross, we can follow pre-written text or meditate on selected readings or allow the Holy Spirit to come among us and speak to us.

The **Stations** themselves are usually a series of 14 pictures or sculptures depicting the following scenes:

1. [Jesus is condemned to death](#)
2. Jesus receives the cross
3. Jesus falls the first time
4. Jesus meets [His Mother](#)
5. [Simon of Cyrene](#) carries the cross
6. [Veronica](#) wipes Jesus' face with her veil
7. Jesus falls the second time
8. Jesus meets the daughters of Jerusalem
9. Jesus falls the third time
10. Jesus is stripped of His garments
11. [Crucifixion](#): Jesus is nailed to the cross
12. Jesus dies on the cross
13. Jesus body is removed from the cross
14. Jesus is laid in the [tomb](#)



Praying the Rosary

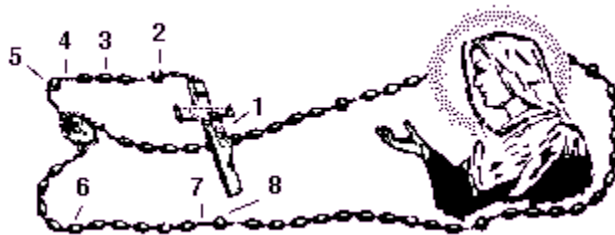


We can use beads to assist us in our prayer. Fingering and moving the beads can calm our spirit, help us focus, and integrate our senses of touch and sight into the experience of God. With fingers busy, our minds can be open to pondering the mysteries of God. In stressful times, simply holding the beads can be prayer, even when our minds are unable to focus on thoughts.

Within the Catholic Church we call this praying with beads the Rosary.

There are five cycles of prayer, called decades because each cycle includes ten *Hail Mary's*. The decades are preceded by an *Our Father* and concluded with a *Glory Be*. For each decade there is a mystery of our faith that can be used as a meditative reflection. The groupings of these mysteries are called the *Joyful Mysteries*, *the Sorrowful Mysteries*, and *the Glorious Mysteries*. Pope

John Paul II added the *Luminous Mysteries*. Through this prayer we come into God's presence in faith, praying not to accomplish something but to offer ourselves to God so that God might work in and through us.



1. Make the **Sign of the Cross**
2. Say the "[Our Father.](#)"
3. Say three "[Hail Marys.](#)"
4. Say the "[Glory be to the Father.](#)"
5. Announce the First Mystery; then say the "[Our Father.](#)"
6. Say ten "[Hail Marys.](#)" while meditating on the Mystery.
7. Say the "[Glory be to the Father.](#)"

Announce the Second Mystery; then say the "[Our Father.](#)" Repeat 6 and 7 and continue with Third, Fourth and Fifth Mysteries in the same manner.

After the Rosary:

HAIL, HOLY QUEEN, Mother of Mercy, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

Praying with Music

"Make a joyful noise to the Lord, all the earth, Worship the Lord with gladness; come into His presence with singing." Psalm 100

Each of us gets our own personal rhythm from God. What kind of rhythm do you see in yourself?

- Are you a mellow, easy-going rhythm?
- Are you an energetic, always 'on the go' rhythm?
- Are you some of each?



In the words of Leonard Bernstein, "Music can name the unnamable and communicate the unknowable."

What kinds of music do you like? What do these types of music tell you about how you look at life?

Music can help us get in touch with our emotions. Music can comfort you when you are sad or when life seems overwhelming and you feel powerless. Music is something you share with your friends when you are happy.

Music can also help us see ourselves as God sees us. While listening to music that you find peaceful, thank God for the many gifts He has given you.

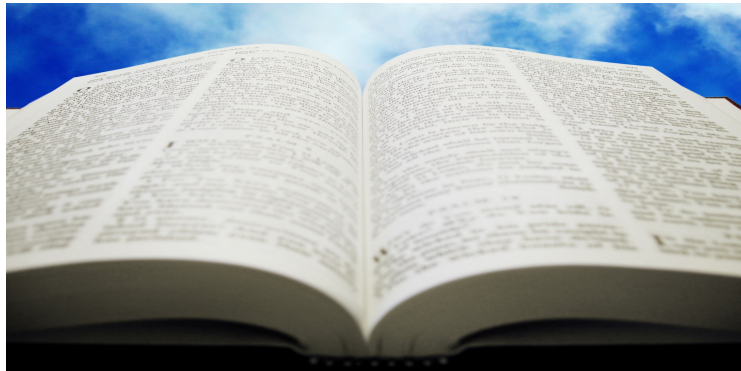
God invites us to dream through music. While listening to this music, ask God to help you make your dreams come true.

God created all genres of music for his glory therefore it is an essential part of our worship. Discovering, listening to, and making music are expressions of prayer that open ourselves to the Lord in our private prayer lives and also in our communal celebrations.

Meditation ... prayers of reflection.

Christians believe that the Bible is the living Word of God. To hear the message, we must read and reflect on it. Meditation uses the mind and the heart to help us hear the word of the Lord. It engages the faculties of thinking and imagination (our minds), the love we have for God (our hearts), and also the resolutions we make to live better Christian lives (our "hands and feet").

St. Ignatius's approach to mediating on the Scriptures requires uses one's senses and imagination to immerse oneself through a guided experience of prayer. The practice Ignatius called "Application of the Senses," encourages a person to immerse themselves in a Gospel scene and to imagine themselves as a character in the passage.



Praying with Scripture... may include reading the scripture passage and some commentary on it, letting the deeper understanding lead one to a deeper union with God.

Praying with Scripture can be done alone or with others. When done with others, it a vehicle for faith sharing that you attempt to live out day by day. When we prayerfully read the Scriptures, we open our minds and hearts to the Spirit of God. We can be both challenged and affirmed by the Word of God.

11 Steps for Praying With Scripture

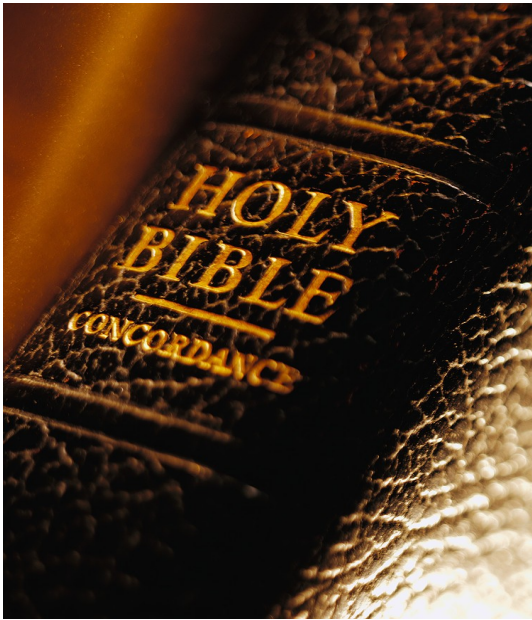
- Choose a passage of Scripture, about five to ten verses in length.
- Choose a comfortable place where you can be uninterrupted and uninhibited.
- Light a candle. Take a few deep breaths or stretch the body and then relax.
- Acknowledge God's presence with you. Ask God to send the Spirit to be with you and guide you in this time of reflection.
- Read the passage you have chosen slowly, listening carefully to it. You might want to pause after a sentence or phrase.
- Speak aloud the words or phrases that struck you. Do not discuss them, just speak them. Read the passage a second time, slowly and prayerfully.
- Consider the message the passage might have for you—a challenge, an affirmation, an insight. If doing this with others, you could invite them to share what comes to mind.
- Read the passage a third time, slowly and prayerfully.
- Pause for about ten minutes of silence and allow the Spirit to speak to you. If no words or thoughts come, just sit in the silence. Sometimes God touches us in ways that we cannot know.
- Consider how the passage calls you to action following the time of prayer. Is there something you need to do to make the Scripture alive for you here and now?
- Close with a brief prayer of thanksgiving or praise to God for the gift of the Spirit.

Contemplative Prayer...

The gift of simply being with God, quietly, loving and being loved.

Lectio Divina This is a slow, contemplative praying of the scriptures that enables the Bible, the Word of God, to become a means of union with God.

- The first step is reading or listening to the word of God,
- The second step is pondering that word in one's heart,
- the third step is loving conversation with God, and
- the fourth step is simply "being" in the presence of God.



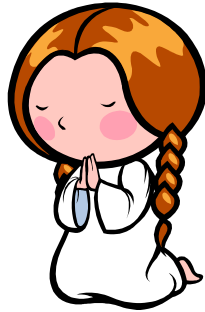
Centering Prayer... is a form of contemplative prayer in which one uses a word or phrase, repeatedly silently in one's heart, to "center" one's being in the presence of God.



Centering Prayer, an ancient method, where we open our minds and hearts to the presence of God within us. God calls us to friendship. In this kind of prayer we let go of the things that get in the way of our friendship with God. We wait for God as we would wait for a friend. It takes time to become intimate friends, as does our relationship with God.

In Centering Prayer we take time to just **be** with God, realizing that God is beyond all human thoughts, feelings and concepts. In this kind of prayer we do not use thoughts or words. Rather, we let go of any thoughts or feelings when they come to mind so we can make a space for God.

Centering Prayer Guidelines



- Choose a sacred word as the symbol of your intention to be in God's presence.
- Sitting comfortably and with eyes closed, settle briefly, and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
- When you become aware of thoughts, return ever-so-gently to the sacred word.
- At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.
- Centering Prayer is normally practiced for **20 minutes twice a day**, usually after rising in the morning and again before the evening meal at the end of the day.



Eucharistic Adoration

What is Eucharistic Adoration? During the Eucharistic prayer at Mass, the priest says these words as he holds the communion host, "*...He took bread and gave you thanks. He broke the bread, gave it to his disciples, and said: Take this all of you, and eat it: this is my body which will be given up for you*". When the priest says "*This my body,*" the bread and wine which we offer truly become the Body, Blood of Jesus. It is His true Presence in the form of bread and wine. It is Christ.

Eucharistic Adoration is when the priest takes a consecrated host, and places it in a monstrance. The monstrance is then placed in front of the tabernacle or on the altar of the church or chapel for adoration.

What do you actually do during adoration? You pray before the very presence of Our Lord, exposed in the monstrance. It means that you can have some time alone with Jesus to recite your favorite prayers, read the bible, contemplate acts of faith, hope, charity, thanksgiving, reparation, pray a rosary or do whatever type of prayerful devotion that suits you before Our Lord. You can just sit and say nothing simply keeping Him company, just as you would with a dear friend.

8 Reasons For To Spend Time With Jesus In The Blessed Sacrament

1. He is really there!

"I myself Am the Living Bread come down from Heaven." (Jn 6:35)

2. Jesus dwells in the Blessed Sacrament because of his love for you!

"Behold I will be with you always even to the end of the world," because "I have loved you with an everlasting love, and constant is My affection for you." (Mt 28:20; Jer 31:3)

3. The specific way that Jesus asks you to love Him in return is to spend one quiet hour with Him in the Blessed Sacrament.

"Where your treasure is, there is your heart..." "Could you not watch one hour with Me?" (Mt 6:21; 26:40)

4. When you look upon the Sacred Host, you look upon Jesus, the Son of God.

"Indeed, this is the will of My Father, that everyone who looks upon the Son and believes in Him shall have eternal life. Him I will raise up on the last day." (Jn 6:40)

5. Each moment that you spend in His Eucharistic Presence will deepen your personal relationship and friendship with Him.

"I have come that you may have life, and have it more abundantly." "I am the Vine and you are the branches. Whoever remains in Me and I in Him shall bear much fruit because without Me, you can do nothing." (Jn 15:5)

6. Each hour you spend with Jesus will deepen His Peace in your heart.

"Come to Me all of you who are weary and find life burdensome and I will refresh you..." "Cast all of you anxieties upon the One who cares for you..." "My Peace is My Gift to you." (Mt 11:28; 5:7; Jn 14:17)

7. Jesus is deserving of our thanksgiving and adoration for all He has done.

"Worthy is the Lamb that was slain to receive honor, glory and praise." (Rev. 5:12)

8. Jesus will bless you, your family and the whole world for this hour of faith you spend with Him in the Blessed Sacrament.

"Blessed are they who do not see and yet believe..." "Faith can move mountains..." "What is needed is trust..." "Behold I come to make all things new." (Jn 20:29; Mk 11:23; Mk 5:36; Rev 21:5)

Prayer of Forgiveness

One of the well established kinds of prayer is offering words of sorrow for our wrongdoing. We acknowledge that we are imperfect, that we make mistakes that sometimes we choose wrong behavior that affects us and our relationships with God and others.

It is important to say we are sorry, to ask forgiveness of one another and of God. It is also important for us to let those we live with know that we forgive them for the hurts we have endured. God forgives us before we even ask.

Step 1: Focusing.



Begin by using one of the relaxation techniques that you find effective. Be aware of God's loving presence; to think of the gifts God has granted them during this past day and week; and to thank God for these gifts.

Step 2: Insight.

Call upon the Holy Spirit to enlighten your mind and heart, to help you appreciate that you are children of a loving and generous

Creator.

Step 3: Evaluation.

Look at your life this past week (or day) in the light of the life and teaching of Jesus. Reflect on these questions:

- What thoughts, words and actions of mine this past week (or day) conformed best to the life modeled by Jesus?
- What thoughts, words and actions of mine this past week (or day) reflected a failure to love as Jesus loved?
- How can you improve tomorrow?



Step 4: Forgiveness.

Invite God to touch forgive your failings of the past week (or day). Make a promise to do better in the coming week.

Step 5: Thanksgiving.

Close by thanking God for being with you and helping you to be honest. Thank God for the gift of life, the gift of honesty and the gift of God's deep love for you.

Prayer of Examen



The **prayer of examen** is an examination of our lives, a way to honestly assessing our lives in the light of *God's* mercy. This prayer focuses on the previous day or week. It is not intended to be a tallying of failures and successes but an assessment of how we have lived in union with *God*.

The **prayer of examen** is best practiced in the quiet of evening. There are five basic movements that form the prayer: celebrate and give thanks; pray for *God's* guidance; examine the events of the day; sift through the joys, sorrows, struggles, and delights asking *God* for needed grace; and rest in *god's* grace while living in hope for the new day to come.

Try an examen now ...

- Thank you *God* for...
- Ever present *God*, what did you see in my day today...
 - How has my day gone?
- What has touched my heart with joy or sorrow, fear, or pain today?
 - Loving *God*, this is what I need from you today...
 - Consoling *God*, I know you are with me...thank you.