Lesson 12

Playing With Prayer - Exploring Ways To Pray

As Catholics we are blessed with 2,000 years of history; a history rich with a wide variety of spiritualties and approaches to prayer from which to choose.

QUESTIONS AND ANSWERS

1. What is "Prayer of the Heart"?

<u>Answer:</u> "Prayer of the heart" is an effortless and spontaneous Prayer that originates from the core of your being, *your heart*. A prayer of the heart can be said at any time of the day or night – it is a way of greeting God often throughout the day.

2. What are three points we need to keep in mind to understand and experience the heart prayer?

Answer:

- ☐ The prayer must be brief.
- ☐ It must lend itself to a rhythm or a beat.
- ☐ It must belong to you, i.e. it must fit how you feel and think.

3. What does a Heart Prayer contain?

<u>Answer:</u> A Heart Prayer can be a Word, Phrase or Sentence which has a special meaning to oneself. It could be a prayer of repentance, thanksgiving, praise etc.



4. What are the 3 types or expressions of prayer in the Christian Life?

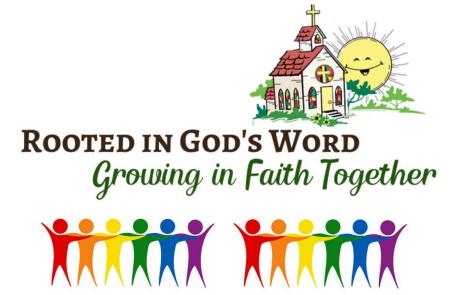
Answer: The 3 types or expressions of prayer in the Christian Life are as follows:

- 1. **VOCAL:** "By words, mental or vocal, our prayer takes flesh". It is the spoken prayer, through which we translate our feelings externally. *Ex: The Our Father*
- 2. **MEDITATIVE:** "Meditation is a human mode of prayer and desire to discover what the Lord wants from us. It engages thought, imagination, emotion, and desire. *Ex: after reading a Bible passage, we reflect & meditate upon the revelations of God.*
- 3. **CONTEMPLATIVE:** It follows Christian meditation. It is the highest form of prayer because it is divinely infused and aims to achieve a close spiritual union with Christ. *Ex: Celebration of the Holy Eucharist during the Mass. When we receive Holy Communion, we receive Jesus Himself. It strengthens our union with Jesus.*

5.	How do	the c	different	varieties	Ot	prayer	helj	o us?	1
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Answer: Each form or style of prayer, if entered into with a spirit of openness
and honesty, can transform us as persons.
Prayer can help us see our self as God sees us:
□ as a wondrous work of creation,
□ blessed with dignity and value, and most of all,
□ as one who is loved and therefore capable of loving.





Below are few events that the Bible describes Jesus praying to His Father in Heaven.

- 1. Jesus prayed for **guidance** in places of quiet solitude. (Mark 1:35)
- 2. Jesus prayed in a posture and with an attitude of reverent **submission**. (Matt 26:39)
- 3. Jesus prayed in **praise** to God, the Father. (Luke 10:21)
- 4. Jesus prayed for His disciples and for all believers. (John 17:11)
- 5. Jesus prayed prayers of thanksgiving. (Mark 14:22)
- 6. Jesus prayed in times of anguish. (Luke 22:44)

Verses From the Bible to Practice.

- Psalm 56:3: When I am Afraid Lord, I will trust you.
 This verse helps to remain calm and trust in the Lord, whenever in worry or fear.
- Mark 14:36: Father, not my will but yours be done.
 When anxious or impatient, this prayer helps you to surrender, where great answers are likely to come.
- Psalm 121:2: My help comes from the Lord, the maker of heaven and earth.
 When in need and desperation, this prayer helps you to call upon God's strength.
- 1 Samuel 3:9: Speak Lord, for your servant is listening.
 When waiting upon the Lord, to speak to you in the quietness of your soul.
- Revelation 22:20: Come, Lord Jesus.
 By repeating this prayer, you are asking God, to come constantly and repeatedly in all your situations and struggles.