

## 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 spiritualities and approaches to prayer from which to choose.

#### QUESTIONS AND ANSWERS

##### 1. What is “Prayer of the Heart”?

**Answer:** “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?

**Answer:** 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 different varieties of prayer help us?

**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.



## ROOTED IN GOD'S WORD *Growing in Faith Together*



*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.