

Lesson 13

Becoming A Person of Prayer: Following The Examples of Jesus

Jesus was a person of prayer and he taught his disciples too. We have different ways and techniques of praying which enriches our relationship with God.



QUESTIONS AND ANSWERS

1. What is the model that Jesus taught us of how to pray?

Answer: Jesus taught his disciples the Lord's Prayer as a model of how to pray. Jesus is the divine model of prayer because, by becoming man while remaining divine, He showed us by His example that we could draw close to God by prayer, since prayer influenced his daily actions and thoughts. During the thirty years of His life, Jesus lived an ordinary, quiet, and prayerful life.

2. What are the key elements essential for a personal prayer life?

Answer: The key elements essential for a personal prayer life are:

- **Consistency:** You must be able to develop one or two routine and reliable prayer practices that becomes a habit or a part of your life that you feel that something is missing when you forget to do it.
- **Time and Place:** Most people find that they pray most easily and effectively at particular times of the day and in particular environments or settings. They try regularly to set aside those times and move into or create those settings.
- **Posture:** Some people pray best while sitting on a pillow with crossed legs, others while sitting upright in a firm chair with their hands open, palms up on their lap, and still others while standing erect or kneeling. At different times, experienced prayers may use different postures so that they are alert, focused, and prepared to communicate with God.

3. What are the 3 Different Prayer Practices?

Answer: As Catholics, we are encouraged to make **morning** and **evening** prayer a personal habit. Also, a "**fall-back**" method of prayer we can rely on is "**Anytime, Anywhere Prayer**".

Some people find it helpful to create a prayerful symbolic action to perform in the morning. Breathe slowly and deeply, letting the Spirit of God fill your heart as the air fills your lungs. Slowly move your arms upward, with hands stretched out to the heavens in a gesture of praise, thanksgiving and openness to God.

When we grow in our relationship with Jesus, we may think about him at different times during the day – not just during exam time or in times of trouble. Here, we may turn to "Anytime, Anywhere Prayer"; using **short phrases**, like, *God my daddy I love you / Jesus my brother walk by my side always / Holy Spirit transform me.*

An ancient evening prayer is called "**examen**" and is related to the term examination. It has four basic steps and is easily remembered through the word **TRAP**, which stands for:

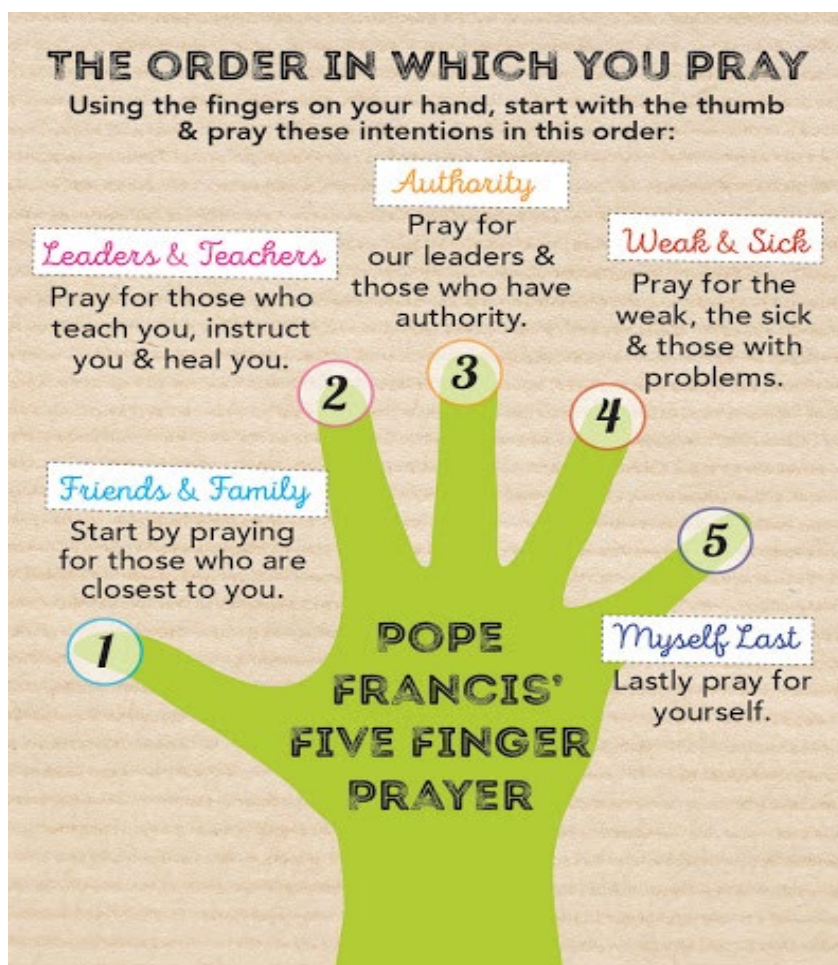
Thank : Thank God for all the good things that happened during the day, naming them.

Review: Reflect on your attitude and actions during the day. Be honest.

Ask: Ask God to forgive you for any actions that hurt others, and help you to make amends. Or ask God for guidance when facing difficult challenges.

Promise to change: Make a commitment, with the grace of God, to do better tomorrow.

Pope Francis 5 FINGER PRAYER GUIDE



JESUS CHAIR PRAYER

If you have difficult praying at night, keep an empty chair in your room.

- At bedtime, pull the chair next to your bed, imagine Jesus coming into your room, sitting down in the chair, and simply saying, "What would you like to talk about?"
- Then just talk to Jesus in a completely honest, conversational way.
- When you run out of things to say, pause and try to imagine what Jesus wants to say to you at that moment.
- Allow the conversation to go on as long as you wish.
- Then say good night to Jesus and imagine him leaving the room.
- This method is short, simple and very effective for many people.



THE LORD'S PRAYER:

The Lord's Prayer is perfect of prayers, because it comes to us from Jesus Christ the model and master of prayer. The most familiar instructions we have from Jesus about prayer are contained in the words of the 'Our Father'



PRAY FOR THE FULFILMENT OF GOD'S PLAN:

- ✚ Pray to the Father
- ✚ Give praise to God
- ✚ Pray for God's Kingdom to be established on earth

PHYSICAL NEEDS

- ✚ Pray for our daily bread
- ✚ Faithfully rely on God to care for you

SPIRITUAL NEED

- ✚ Pray for daily forgiveness of sin.

RELATIONSHIP WITH OTHERS

- ✚ Pray for better relationships with other people.

SPIRITUAL GROWTH

- ✚ Pray for spiritual strength and growth
- ✚ Kingdom and worship reinforced

PREVIEW: Some Bible verses 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**. (Matthew 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)

THE ROSARY

The Mysteries of the Rosary are meditated on while praying each decade (ten Hail Mary beads), with the purpose of drawing the person deeper into the biblical events of the Gospel.

Each set of mysteries allows us to ponder very specific events in the lives of Jesus and Mary (the joys, sufferings, sacrifices and glorious miracles). And, each mystery, each moment in their lives, holds incredible insights for our own lives today.



The Rosary

FROM THE LATIN "ROSARIUM"
MEANING "CROWN OF ROSES"

The rosary is a
spiritual bouquet given
to the Blessed Mother

The rosary is a prayer in honour of the Blessed Virgin Mary. It repeats the **Hail Mary** in "decades" of ten prayers, each preceded by the **Our Father** and concluded by the **Glory Be**. The prayers are accompanied by meditation on the "mysteries" or the significant events or moments in the life of Jesus and Mary.



Pray for us,
O holy Mother
of God.
*That we may be
made worthy
of the promises
of Christ.*

JOYFUL MYSTERIES

MONDAYS AND SATURDAYS

1. Annunciation of our Lord
2. Visitation
3. Birth of our Lord
4. Jesus is presented in the temple
5. Jesus is found in the temple

SORROWFUL MYSTERIES

TUESDAYS AND FRIDAYS

1. Agony of Jesus in the garden
2. Jesus is scourged
3. Jesus is crowned with thorns
4. Jesus carried his cross
5. Jesus is crucified

GLORIOUS MYSTERIES

WEDNESDAYS AND SUNDAYS

1. Jesus is raised from the dead
2. Jesus ascends into heaven
3. Jesus sends his Spirit upon the Church
4. Mary is assumed into heaven
5. Mary is crowned queen of heaven

LUMINOUS MYSTERIES

THURSDAYS

1. Jesus is baptized in the Jordan
2. The Manifestation at Cana
3. Jesus proclaims the Reign of God (...and calls to Conversion)
4. Jesus is transfigured
5. The Institution of the Eucharist