

CONTINUE YOUR SPIRITUAL JOURNEY

www.pathwaystogod.org

Ongoing Prayer in Daily Life

We have had a deeper experience of God.

- ◆ Now where do we go? How will we continue?
- ◆ What are the ways in which we can pray in our ordinary lives?
- ◆ There are as many ways of praying as there are people.
- ◆ Prayer is about our relationship with God.
- ◆ No two people have the same relationship with God.
- ◆ Each person has his/her own unique way of praying.

Daily Mass

- ◆ Especially at particular times of the year, e.g. Lent, Advent.

Visits to the Blessed Sacrament

- ◆ Sit there with Jesus. 'I look at Him and He looks at me'.
- ◆ Bring to the Lord whatever is going on within you: hopes, joys, suffering, fear, worry, anxiety, problems, people, situations.
- ◆ Stay with this. Talk to Him about these things.
- ◆ Perhaps no solution will be received except for the gift of peace, or perseverance.

Be realistic

- ◆ Aim at 5–10 minutes every day. You may be able to do more. If so, fine – but if not, don't worry.
- ◆ Find a suitable time and place. Maybe a little corner in the house, somewhere very simple – a prayer corner with perhaps a statue, icon, bible, candle.
- ◆ Go to that place to pray.

Stillness exercise

- ◆ Find a comfortable position.
- ◆ Listen to sounds (inside and outside).
- ◆ Listen to your own breathing.
- ◆ Say a short prayer, e.g. 'Lord, teach me to pray.'

Different Ways of Praying

Scripture

- ◆ What scripture passages? Readings of Sunday and weekday Masses.
- ◆ Leaflet for Sunday Mass could be used during the week: e.g. three readings and a psalm; opening and closing prayers; after-communion prayer.
- ◆ Little books with short pieces of scripture for every day of the year, e.g. 'Speak Lord, your servant is listening' by David Rosage (Servant Books).
- ◆ www.pray-as-you-go.org
- ◆ This Sunday – www.pathwaystogod.org/my-prayer-life/sunday



Our personal prayers and devotions, such as the Rosary, unite us to Heaven, and delight our Guardian Angel. (T-01524-01)

Rosary

- ♦ Just one mystery: read it from the Gospel – pondering/searching. (This will cover 15 days.)

Stations of the Cross

- ♦ Can be prayed in the same way as Rosary.
- ♦ Walk around ... gazing ... just look ... no need for words. Be there with Jesus and Mary. (A way to pray for Lent and Fridays.)

Vocal prayer

- ♦ Luke 11: 1: 'Lord, teach us how to pray'. Luke 11: 9: 'Ask and you will receive'.
- ♦ Our Father, Hail Mary or other prayers of your own spoken slowly. Take one phrase, e.g. 'Hallowed be thy name' or 'Give us this day our daily bread'.
- ♦ Repeat the phrase over and over again.

Mantra

- ♦ Use a word or phrase from scripture, or aspirations known from childhood.
- ♦ Repeat this word or phrase slowly over and over again during the day – perhaps while standing in a queue, washing the dishes, driving, gardening, etc. For example, the word 'Jesus' or 'O God, you are my God; for you I long' or 'Jesus mercy; Mary help' or 'Sacred Heart of Jesus, I place my trust in you' or the



Whenever we pray, God pours his grace upon us. (T-00601-OL)

Jesus Prayer: 'Lord Jesus Christ, Son of the Living God, have mercy on me a sinner'.

Awareness of God living in me

- ♦ 'Make your home in me as I make mine in you' (John 15: 1-8)
- ♦ 'You are God's temple' (1 Cor 3: 16)
- ♦ Prayer to remind me of this: e.g. 'I am in Jesus, Jesus is in me. I am in peace'.

The Pope's Global Prayer Network

Praying with the Pope

- ♦ For his monthly intentions:
 - www.clicktopray.org;
 - www.thepopevideo.org
- ♦ With Christ in the morning:
 - the Morning Offering ... the Angelus
- ♦ With Christ during the day:
 - walking ... become aware of God, in creation ... in nature ... in changing seasons ... in people's faces
 - pray for the needs of the world
- ♦ With Christ last thing at night:
 - the Examen

Daily Awareness Exercise (the Examen)

- ♦ Thank the Lord for today and all that has gone to make up this day.
- ♦ Ask the Holy Spirit to bring to your mind any experience of the day through which God wants to speak to you.
- ♦ Be quiet and let something surface.
- ♦ Re-live the experience.
- ♦ Ask the Lord what He wants you to see through that experience.
- ♦ Ask for the grace to respond to His call to you today and tomorrow.

Conclusion

- ♦ Prayer is a relationship with God. Like all relationships, it has its ups and downs. We learn to pray by praying.
- ♦ God is found in the NOW, in distractions too.
- ♦ Pray as you can; not as you can't.
- ♦ Finally, prayer is a gift – 'I can't make it happen on my own'. Ask often for that gift: 'Lord, teach us to pray' knowing that God wants to give that gift to us all.