

## Notes on Prayer

1. We all need to have a prayer life to keep our relationship with God alive.
  - a. No prayer, no communication, no relationship, like the opening video, no response from you friend after a text for a week or month, something is wrong. Is the relationship over?
  - b. Communal prayer is important also. For example, praying the Rosary with your family. Wonderful prayer. However, we need to not just talk TO God. We need to learn to LISTEN to Him as well.
  - c. Prayer methods called Lectio Divina, praying with Scripture, Mental Prayer are a method to listen to God through His Word.
2. In my life, I pray the Rosary daily. I also pray the Divine Mercy Chaplet, and some different Novenas. I love these prayer devotions. They are good, but they are mainly me talking to God, it can be harder to listen to God in these devotions.
  - a. My husband and I pray the Liturgy of the Hours together, in our small community, our home in Magalia. This is another good form of prayer.
  - b. However, my husband takes private time for prayer every day, and I do too. We each need to keep our personal relationship with God alive, through prayer, conversation. As Fr. Mark Toups says, "We need to use our GOD app, or prayer."
  - c. 10 minutes a day is a good start. We are asking this commitment of each of you for the 40 days of Lent. We have taught you 2 different methods today on personal prayer: Lectio Divina and also ACTS. These are both prayer methods you can use to learn to listen to God.
  - d. We will be teaching you additional prayer methods over the next few sessions.
  - e. We will be sending you additional resources with more ideas.
  - f. If you find a method that works, just stick with that method. If it doesn't work, then try something new.
  - g. If after 3 weeks of trying a prayer method, you have questions or are struggling, we are here to help.
    - i. I am available for questions from you individually. You can call me, text me, or email me.

- ii. Mr. Mangan is also available. Again call, text, email.
- iii. Mr. Kidder is also available by call, text, email. We all want to help you to develop a fruitful prayer life.

So, now we will practice Lectio Divina for a few minutes.

1. Get in a comfortable prayer position for about 5 minutes. Sitting with your feet on the floor can be a good posture. For me, I like to turn my palms upward seeking the Lord in prayer. However, you should do whatever is good for your personal spirituality and prayer life to help you connect with God.
2. Next, I say a quick prayer to the Holy Spirit. Both of these prayers will be available on the website for you to have for later. You can also make up your own prayer, or you could pray the Glory Be or the Gloria al Padre.
  - a. **Come, Holy Spirit**, Come by means of the Powerful Intercession of Your Most Beloved Spouse.
  - b. **Come Holy Spirit**, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your **Spirit** and they shall be created. And You shall renew the face of the earth.
  - c. Next, this can be different for different people. You might want to imagine an empty chair and Jesus sitting in it. For some people, actually having an empty chair facing them with a favorite picture or image of Jesus can help. Having a religious picture, an icon, holy object, anything that will help you imagine a conversation with Jesus. You can experiment with this over time and see what works. You could do a search on your phone, and download an image of Jesus that helps you enter into prayer, if that helps, and look at that to help you enter into your mental prayer attitude.
  - d. Now you may close your eyes, if this makes the prayer easier for you. Sometimes, it helps to eliminate distractions. If you will just fall asleep now, then keep your eyes open.
  - e. Now we will focus ourselves, leaving behind other thoughts and concerns, for a few minutes. We will do some deep breathing. Breathe in deeply for a count of 3, hold it, and then breathe out for a count of 3, continue this and repeat several times.

- f. So, now I will read today's Mr Mangan and I will read today's Gospel passage to you out loud, three times. You can just listen to our words, God's words, and seek a word or a phrase that speaks to you.
  - i. Generally, the first time, you are just getting the story, the message from the reading. What is it about? What's happening? Who are the people involved?
  - ii. The second time we are seeking a verse, sentence, a line that speaks to us.
  - iii. Then ultimately, we are seeking a word or phrase.
  - iv. Sometimes, we will get this during the very first reading, sometimes it takes all the way through the third reading. Ask God to help you focus on the word or phrase He wants to teach you, personally, about today. For each of us, this can be different.
  - v. Also, if we focus on this same Gospel Reading on another day, we may get a completely different word or phrase. Because Jesus has a new lesson for us in His Living Word, always fresh, always new.
- g. Mike and Deon read Gospel for 5<sup>th</sup> Sunday of Ordinary Time: Mark 1:29-39. This is the same Reading you will hear at Mass later today.
- h. Now we will give God time to speak to our hearts in silence. What does this word or phrase I received from reading the Gospel mean in my life? "Speak Lord, your servant is listening."
  - i. Two minutes of silence.
  - j. Now we speak to God from our hearts. We thank Him for this time in prayer. We can thank Him for any of the gifts of our lives. We may also want to spend a few moments making some notes in a prayer journal. What happened today in prayer? What word or phrase was I given? What meaning does this have for me and my life?
- k. So, this is another experience of Lectio Divina, like you learned with Fr. Mark Toups today.
- l. Try this over the next few weeks daily, and see what happens.