



EMBRACING THE DIVINE SPARK:

NOURISHING YOUR PRAYER LIFE

Session 4

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Prayer Styles

- ✧ Prayer as communication can be
 - Individual
 - Communal / group
 - In a special place
 - Anywhere
 - At specific times
 - Spontaneous
- ✧ Prayer is for *our* benefit
- ✧ Prayer takes practice
 - Like physical exercise: Easy at the beginning level; higher levels require more effort

Let's review...

As we begin to focus upon prayer, let me suggest that we begin all prayer with this:

Prayer Styles

✧ Centering Prayer

- Objective
 - To be in the presence of God.
- Method
 - First, remove all distractions
 - Take a few deep breaths
 - Pick a sacred word or phrase
 - Abba, Father
 - Lord Jesus
 - Come Holy Spirit
 - Pick an image
 - A rainbow, Mountains, Forest, Ocean

These techniques are recommended to place ourselves in a position to really connect with God and they can be used anywhere with every type of prayer.

Prayer Styles

- ✧ Centering Prayer
 - Isolate oneself to focus solely upon being in the presence of God - a removal of oneself from current concerns and thoughts
 - Commitment
 - Place/ Focus oneself upon being in the presence of God
 - Begin with a brief prayer - Open to conversation with God
 - Image
 - Use a word or image to refocus yourself if you find yourself drifting off center
 - Silence

Prayer Styles

- ✦ Ways that we can communicate with God.
 - Formula or Standard Prayers
 - Our Father, Hail Mary, Glory Be, Grace before meals, the Prayer of St. Teresa, etc.
 - Devotional Prayer
 - Rosary
 - Divine Chaplet
 - Stations of the Cross
 - Liturgy of the Hours / Divine Office
 - Psalms

Now, there are a couple of styles that flow directly from Centering Prayer, but I think it might be better to start with the familiar. We'll get to the other forms next week.

Prayer Styles

- ✧ Spontaneous Prayer
 - Immediate
 - Spirit Driven
 - From the heart - not canned
 - Adoration
- ✧ Scripture
 - Read a passage of scripture
 - For quality - not quantity
 - Read for content
 - Repetition
 - Reflection
 - Personal message

Prayer Styles

- ✠ The 5 “P’s of Prayer”
 - Place
 - Posture
 - Passage
 - Peace, and then back to
 - Passage (again)
- ✠ *Lectio Divina*

Prayer Styles

Lectio Divina Exercise – Romans 8:24-27

24. For in hope we were saved. Now hope that sees for itself is not hope. For who hopes for what one sees?

25. But if we hope for what we do not see, we wait with endurance.

26. In the same way, the Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings.

27. And the one who searches hearts knows what is the intention of the Spirit, because it intercedes for the holy ones according to God's will.