

A LIFE OF PRAYER



The Last Judgment
Pius Angelico
1423-1432



The Last Judgment
Pius Angelico
1423-1432

We pray as we live,
because we live as we pray.

CCC 2725



BATTLE OF PRAYER



The Vigil
John Pettie
1884

“Prayer is both a gift of grace and a determined response on our part. It always presupposes effort.



... prayer is a battle.”

CCC 2725

“Well let’s now at any rate come clean. Prayer is irksome. An excuse to omit it is never unwelcome. When it is over this casts a feeling of relief and holiday over the rest of the day. We are reluctant to begin. We are delighted when it is finished.”

~C.S. Lewis

"While we are at prayer but not while reading a novel or solving a crossword puzzle, any trifle is enough to distract us. And we know we are not alone in this."

~C.S. Lewis

BATTLE OF PRAYER

CCC 2725-2745

facing difficulties in prayer
facing temptations in prayer
forming a life of prayer



The Vigil
John Pettie
1886

...erroneous notions of prayer:

✗ psychological activity

✗ ritual words/posture



✗ meditative nirvana

✗ "It's not real life."

CCC 2726

What is prayer?

"Prayer is the encounter of God's thirst
with ours.



God thirsts that
we may thirst
for Him."

~St. Augustine

CCC 2560

"For me, prayer is a surge of the
heart; it is a simple look turned
toward heaven,



it is a cry of
recognition and of
love, embracing both
trial and joy."

~St. Therese of Lisieux

3 Major Expressions of Prayer:

CCC 2699-2719

*Vocal Prayer

*Meditation

*Contemplation

1 Basic Trait:

*Composure of Heart

CCC 2725

VOCAL PRAYER

CCC 2700-2704

MEDITATION

CCC 2705-2708

CONTEMPLATION

CCC 2709-2719

Contemplative Prayer

“Contemplative prayer in my opinion is nothing else than a close sharing between friends;



it means taking time frequently to be alone with him who we know loves us.”

—St. Teresa of Avila

VIGILANCE OF HEART

concupiscence

● dryness

● distraction



● wounds of the heart

CCC 2728-2733

“Pray always!”



The Last Judgment
Piero Angelico
1425-1432

RHYTHM OF PRAYER

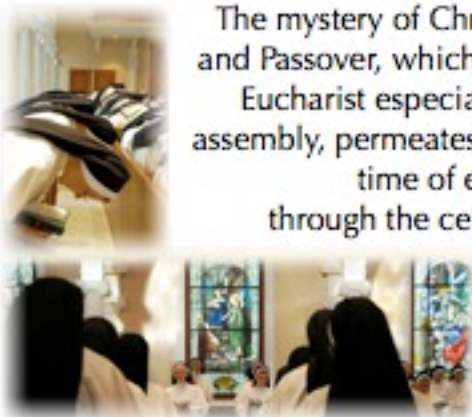
“The Tradition of the Church proposes to the faithful certain rhythms of praying intended to nourish continual prayer.”



CCC 2698

LITURGY OF THE HOURS

The mystery of Christ, his Incarnation and Passover, which we celebrate in the Eucharist especially at the Sunday assembly, permeates and transfigures the time of each day, through the celebration of the Liturgy of the Hours, “the divine office.”



CCC 1174

LITURGY OF THE HOURS

* roots in the Old Testament

- Ex. 29:38-39
- Babylonian Exile
- synagogue worship

* Christians no longer shared in Temple

Sacrifices, but continued to pray at these hours

- Acts 2:15; 3:1, 10:3,9

* Early Monastic Practice

- St. Benedict

CCC 2698

LITURGY OF THE HOURS

<i>Hour of the Day</i>	<i>Latin Name</i>	<i>English Name</i>
During the Night	Matins	Readings
Sunrise	Lauds	Morning Prayer
First Hour of the Day	Prime	suppressed
Third Hour of the Day	Terce	Mid-morning Prayer
Sixth Hour of the Day	Sext	Midday Prayer
Ninth Hour of the Day	None	Mid-afternoon Prayer
As evening approaches	Vespers	Evening Prayer
Nightfall	Compline	Night Prayer

"We must remember God
more often than we draw
breath."

~St. Gregory of Nazianzus



CCC 2697

LECTIO DIVINA

“Divine Reading”

“Diligently practice prayer and lectio divina. When you pray, you speak to God. When you read the Bible, God speaks to you.”

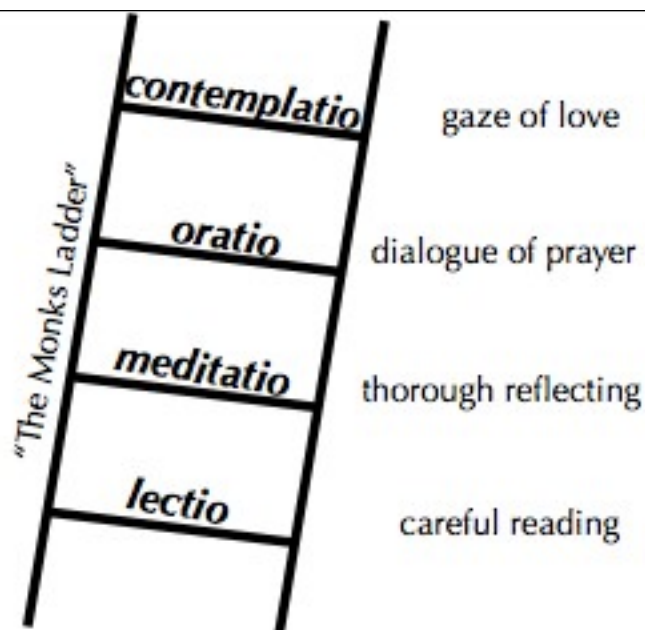
~St. Cyprian

“One day when I was busy working with my hands I began to think about our spiritual work, and all at once four stages in spiritual exercise came into my mind: reading, meditation, prayer, and contemplation. These make a ladder for monks by which they are lifted up from earth to heaven. It has a few rungs, yet its length is immense and wonderful, for its lower end rests upon the earth, but its top pierces the clouds and touches heavenly secrets.”

~Brother Guido

LECTIO DIVINA





"Seek in reading and you will find in
meditating; knock in mental prayer
and it will be opened to you by
contemplation."

~Brother Guido

LECTIO DIVINA



Praying The Scriptures for
a Change

Dr. Timothy Gray

"So, it was with fascination that I watched my friends establish their vineyard. On the one hand, it is hard work starting a new vineyard, work that really takes years to pay off. On the other hand, God does all the really hard work of providing the sunshine, soil, and rain, and creating and sustaining the chemical processes that take place in each and every cell of the grapevine."

~Dr. Tim Gray

LECTIO DIVINA



contemplatio wine consumed

oratio grapes ferment

meditatio grapes squeezed

lectio grapes collected



"It is possible to offer fervent prayer even while walking in public or strolling alone, or seated in your shop



.... while buying or selling,...or even while cooking."

~St. John Chrysostom



"There can be no separation between
what we believe
and the way we live our lives.
Our every thought, word, and action
must be directed
to the glory of God and
the spread of His Kingdom."

~Pope Benedict XVI

SOME PRACTICAL CONSIDERATIONS

1. Silence
2. Schedule
3. Confession
4. Dryness

Mary,
model of Christians,
pray for us!



The Annunciation (Caffè)
An. Angeli
(1480-1481)