



Encountering God's Presence Through Prayer

"To pray is to enter into a relationship with God and to have that relationship make a difference in my life." Kenneth Leech, True Prayer

Prayer...

Is our response to the desire of God who is constantly seeking us

Is the work of the Holy Spirit within us

"Is the raising for one's mind and heart to God" (CCC2559).

Is confidently placing our needs before God

Is a dialogue that requires listening as well as speaking.

Is more sincere when we are willing to work for what we have prayed.

Can happen anywhere, anytime.

Can be as simple as "God help me" or as quiet as two lovers gazing at each other.

Does not change God's mind, but is for the purpose of changing ours.

Ways to encounter God through prayer

<p>We can pray using the traditional prayers of our church</p> <ul style="list-style-type: none"> ❖ The Lord's Prayer ❖ The Rosary ❖ The Divine Chaplet ❖ Prayers of the various saints ❖ Liturgy of the Hours 	<p>We can pray using our own words</p> <ul style="list-style-type: none"> ❖ Speaking from our own needs and petitioning God for help ❖ Giving thanks and praise to God ❖ Interceding for others ❖ Asking for forgiveness
<p>We can pray mediating and dialoguing with God</p> <ul style="list-style-type: none"> ❖ By reading scripture ❖ Through various writings of the Saints and other spiritual writers ❖ Using religious images 	<p>We can pray without words letting God do all the work</p> <ul style="list-style-type: none"> ❖ "Be still and know that I am God" (Psalm 46:10) ❖ "I have stilled and quieted my soul like a weaned child. Like a weaned child on its mother's lap so is my soul within me" (Psalm 131:2) ❖ "The Spirit too comes to the aid of our weaknesses; for we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings" (Romans 8:26)

Resources and practical suggestions for Encountering God through Prayer

- ❖ Find a time and space to pray and a place with the least amount of distractions.
- ❖ Pick up a ***Little Blue Book for Advent*** and take 7 minutes out of your day to remember God's presence and be open to the reflections offered. (While supplies last)
- ❖ Take time and sit before the Blessed Sacrament. (Adoration at Ascension- 1st Friday of every month.)
- ❖ Check out these two on-line resources for prayer:
 - <https://www.loyolapress.com/3-minute-retreats-daily-online-prayer>
 - <https://www.pray-as-you-go.org/home/>
- ❖ Download <https://catholicapps.com/laudate/> to your phone and listen to the readings of the day in your car on your way to work or running errands.
- ❖ Learn more about prayer through the 8 week adult formation program: ***Oremus*** being offered at Ascension; Mondays at 7pm or Wed at 10am starting the week of Jan. 8

Visit <http://www.ascensionvb.org/encountering-god-s-presence> for more ideas