

# PRAYER

RCIA

Sept. 5, 2017

“Thank you  
for my new  
baby sister God,  
but it was a puppy  
I asked for.”

Nicole

# What is Prayer?

## A Conversation

Talking AND listening

Talking:	Private:	say alone
	Public:	say with others
	Formal:	set prayers
	Vocal:	say out loud
	Silent:	say in our hearts

Listening:	We allow God to speak to us
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# Why Do We Pray?

Created by God: God loves us and desires  
to be with us.

God invites us to enter into a relationship  
Communication is the key

Necessary for our spiritual life  
Breathing for our physical life

“If you  
are too  
busy to pray,  
you are  
too busy”



# How to Pray

Place

Time

Relax

Good attitude

Keep at it

# Did Jesus Pray?

Yes, four times a day: traditional Jewish prayers

Also the Psalms, by himself and in the  
synagogue and temple.

He prayed spontaneously and thanked his  
Father

He showed us how to pray

keep our prayers short and simple

Taught us the Our Father

# Distractions

We pray and our minds wander

Buddhists call it: “Monkey Mind”

Do Not feel guilty

Human nature

Maybe a grace disguised

Like when conversing with a friend mind wanders

St. Teresa of Avila

Best Prayer: Eucharist

# Strategies

Pray at quiet times

Recall your are in God's presence

Pray before a crucifix, picture, candle

Write a prayer/ Read a prayer

Pray out loud

Work a distraction into a prayer



Dear God,

I get it's hard to love everyone in the whole world because I can't even love my little sister.

Danny

Dear God,

If dinosaurs were not extinct  
we'd all be eaten and dead, so you  
did the right thing.

From Sally

Dear God,

My brother is a rat,  
you should give him  
a tail.

Your Friend,

Mark

# The Sign of the Cross



**It is a simple gesture yet displays a profound expression of faith.**



# The Sign of the Cross is tied to our Baptism.



We trace the sign of the cross slowly & reverently while praying these words:

In the name of the Father,  
And of the Son,  
And of the Holy Spirit,  
Amén.



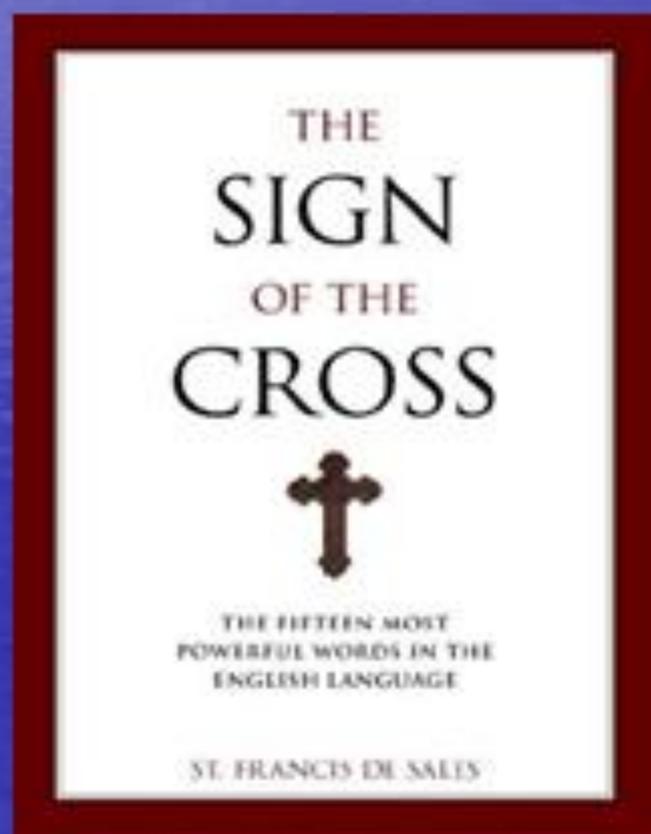
Christ Died for our Salvation

**As an act repeated throughout the day, we:**

- **Bless the day**
- **Commit our whole self to Christ**
- **Focus our prayer on God**
- **Confess our faith**
- **Witness to others**



**To receive a fuller understanding on this topic, please check out this book from the RCIA library.**



# Questions?

Deacon Don will be  
Happy to answer any  
Questions you may  
Have.





# Lectio Divina

“Divine Reading”

4 steps:

- |                |                               |
|----------------|-------------------------------|
| Receiving:     | Choose a passage of scripture |
| Meditating:    | Think over the word or words  |
| Responding:    | Let yourself desire God       |
| Contemplation: | Rest in God’s presence        |

# Not only scripture

Spiritual Books and articles

Prayers

Nature

Experiences of our lives

2 COR 6:18

MT 18: 18-20

Repeat this verse a few times, begin to meditate on it. Find a word or words that jump at you.

Let it sink into your heart and mind.

Let your heart speak to God.

Simply enjoy God's love within you.