

Understanding Catholic Prayer



What is prayer?



Communicate with God



To Develop a Relationship

Foundation of Prayer: A Relationship with God

- Prayer is a necessity
- St. Peter, St. John, and St. Paul all affirm this teaching
- Jesus was model of prayer: sometimes spending whole nights in prayer



Why is Prayer a Necessity?

- Prayer is the best way to communicate our wants and needs to God.
 - Some blessings we cannot hope to attain without prayer



St. Catherine Labouré vision of Blessed Virgin Mary

"Those are the graces for which people forget to ask."



Foundation of Prayer: A Relationship with God

“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. Thérèse of Lisieux



Foundation of Prayer: A Relationship with God

“Prayer is the raising of one’s mind and heart to God or the requesting of good things from God”.

-St. John of Damascus



Teaching about Prayer.

“When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on the street corners so that others may see them. Amen, I say to you, they have received their reward”.

-Matthew 6:5



What is the Purpose of my Prayer Life?

Is it to seek union with God or is it to seek *something* from God?



Types of Prayer



ACTS of Prayer.

A
C
T
S



ACTS of Prayer.

Adoration

Contrition

Thanksgiving

Supplication



Prayer of ADORATION

Prayers of adoration are an act of worship.

They give praise to God simply because He is the Creator.



Prayer of ADORATION

“Adoration is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us”.

-CCC 2628



Prayer of ADORATION

Prayer is like offering incense to the throne of God.

“Let my prayer come like incense before you; the lifting up of my hands like the evening sacrifice”

Psalm 141:2



Prayer of CONTRITION

Expresses sorrow for sins because they have offended God, who is all good and deserving of all our love.



Prayer of CONTRITION

“[Repentance] is a prerequisite for righteous and pure prayer”.

-CCC 2631



Prayer of CONTRITION

“Remember, the first thing that affects our relationship with God is sin”.

-Father Matt Hartley



Prayer of THANKSGIVING

Expresses gratitude to God for the many blessings that He has given us.



Prayer of SUPPLICATION

Supplication is a prayer that asks for divine assistance.



Prayer of SUPPLICATION

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened”.

-Matthew 7:7-8



Prayer of SUPPLICATION

Object of Prayer: Centered on God

Gifts used for honoring God and Service of Others

Whom to Pray for: All Mankind

Spiritual Needs First

Then Temporal Needs



Fruits of Prayer



Fruits of Prayer

Key of Heaven: Abundance of Heavenly Gifts



“Prayer is the key of Heaven...Prayer ascends and mercy descends; high as are the heavens and low as is the earth, God hears the voice of man”

-St. Augustine



Abundance of Heavenly Gifts

Guidance and Aid from Holy Spirit

Security and Preservation of Faith

Protection under Temptation



Fruits of Prayer

Key of Heaven: Abundance of Heavenly Gifts
Strengthens Virtue of Faith



Strengthens Virtue of Faith

In proportion to the devotion and fervor of our prayer we grow and are strengthened in our faith



Fruits of Prayer

Key of Heaven: Abundance of Heavenly Gifts

Strengthens Virtue of Faith

Strengthens Virtue of Charity



Strengthens Virtue of Charity

The more we acknowledge God:

- We grow in love and devotion

Reminded of our total reliance on God



Fruits of Prayer

Key of Heaven: Abundance of Heavenly Gifts

Strengthens Virtue of Faith

Strengthens Virtue of Charity

Advance in Spiritual Life



Advance in Spiritual Life

To be worthy to obtain blessings, God often moves us to advance in our spiritual life



Fruits of Prayer

Key of Heaven: Abundance of Heavenly Gifts

Strengthens Virtue of Faith

Strengthens Virtue of Charity

Advance in Spiritual Life

Graces that Purify Us and Efface Our Sins



Graces the Purify Us and Effaces our Sins

Gain Graces to Fight against sins of the flesh
-concupiscence

Inspire us to strive for innocence so as to be
purified of every stain of sin



Graces the Purify Us and Effaces our Sins

*"...teach me to keep, through pure love, Thy Commandments,
whose way is wide and easy for those who love Thee."*

- St. Bridget



Fruits of Prayer

Key of Heaven: Abundance of Heavenly Gifts

Strengthens Virtue of Faith

Strengthens Virtue of Charity

Advance in Spiritual Life

Graces that Purify Us and Efface Our Sins

Powerful Spiritual Weapons



Powerful Spiritual Weapons

We are Powerless; God assists us with spiritual weapons

- Rosary

Gain protection and victory over the Devil and apostate angels



Methods of Prayer



Methods of Prayer

Vocal Prayer

Mental Prayer



Vocal Prayer

A vocal prayer is a prayer that you verbalize.

Spontaneous Prayer

Structured Prayer

Our Father

Hail Mary

Rosary



Mental Prayer

a. Meditation

b. Contemplation



Meditation

A method of mental prayer that occurs when we fill our minds with thoughts of Christ.



Contemplation

A method of mental prayer that occurs when we rest in God's will.

It is a mystical, advanced form of prayer.

- St. Teresa of Ávila: The Interior Castle



Contemplation

“What is contemplative prayer? St. Teresa answers:

“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”.

-CCC 2709



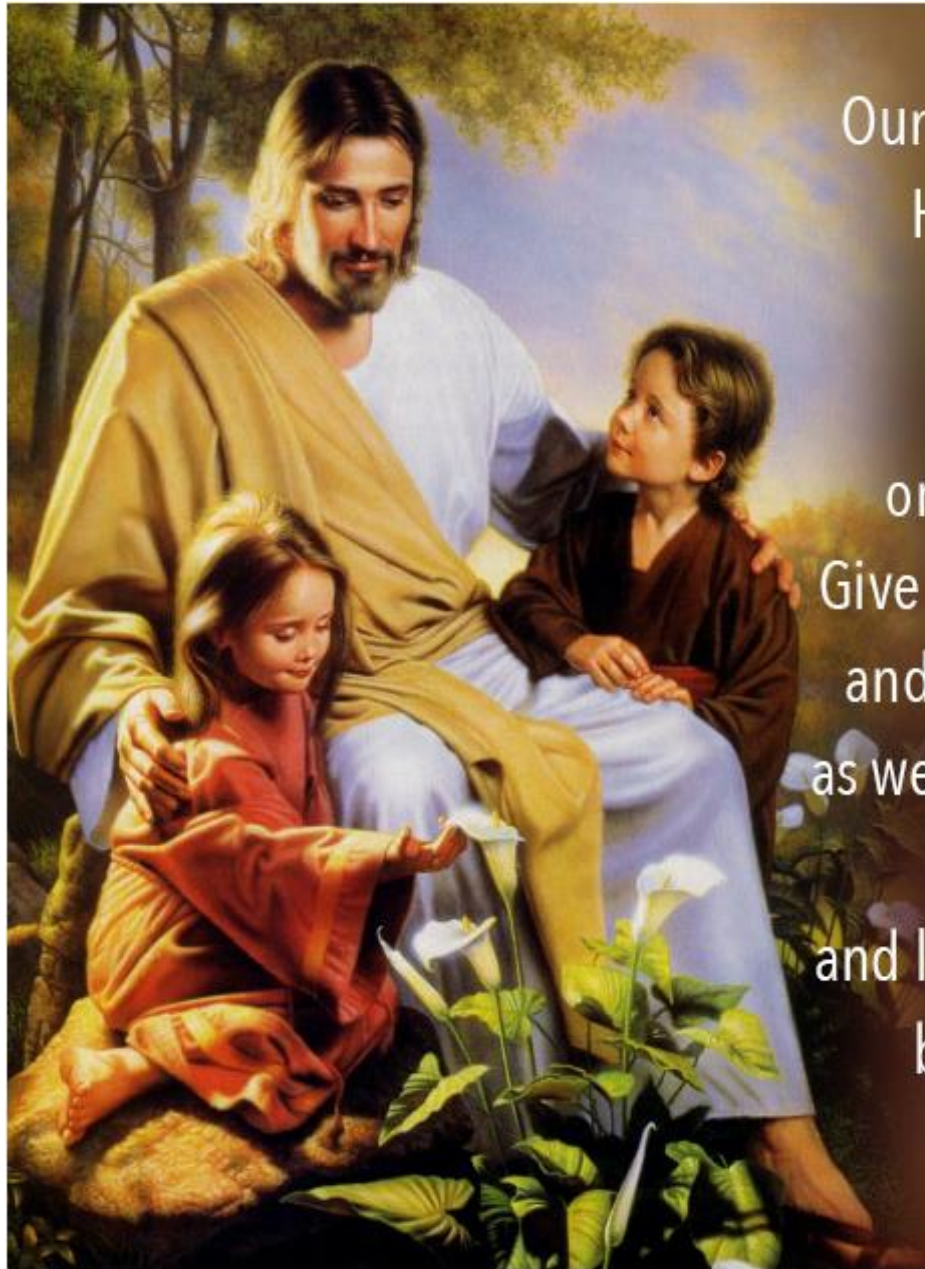
Why Some Prayers Aren't Answered

- God may give other gifts of higher spiritual value
- God may withhold something if it is spiritually harmful
- Our Dispositions:
 - Distracted Prayer
 - Holding onto anger toward neighbor
 - Living in a state of mortal sin



Explanation of Our Father



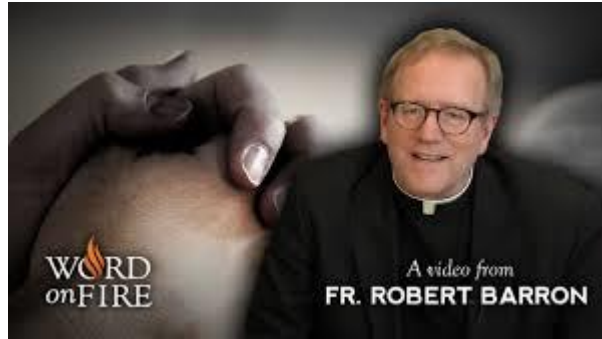


Our Father, Who art in heaven
Hallowed be Thy Name;
Thy kingdom come,
Thy will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass
against us;
and lead us not into temptation,
but deliver us from evil.
Amen.'

Explanation of Our Father



Explanation of Our Father



Click on picture to link to video