

**INTRODUCTION TO PRAYER
SESSION 6
NOVEMBER 11, 2020**

Prayer: Come Holy Spirit

Image: Icon of the Transfiguration
Ladder of Divine Assent

Homework: CCC #142-184 (Man's Response to God)

INTRODUCTION TO PRAYER(10-15 MINUTES)

What is Prayer?

Placing ourselves into God's presence so that we may come to know Him.

We may then ask the question: If prayer is placing ourselves into God's presence so that we may come to know Him, then what is the role of prayers of petitions? That our desires may be joined, and transformed by His desires and that in presenting our needs and wants to our Lord, sometimes in profoundly intimate and humiliating ways, we invite our Lord Himself to come into our home, we reveal and open ourselves to Him, and in so doing, lay down any obstacles or veils that stand between us and our heavenly Father.

Thérèse of Liseaux (The Little Flower; Thérèse of the Child Jesus)

For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and love, embracing both trial and joy.

CCC 2559: "Prayer is the raising of one's mind and heart to God or the requesting of good things from God." It is both a Covenant and Communion. (CCC 2562-2565)

How do you come to know someone? Review session 1:

- Spend time with them
- Learn about them
- Talk with them
- Watch them
- Think about them
- Do activities with them

TYPES OF PRAYER:

Vocal: In a simplistic way, Vocal prayer is when we pray by speaking to God. This can be verbally, musically, or quietly through mental dialog.

Forms of Vocal Prayer:

- Traditional Prayers
- Devotional, rote, or repetitive
- Blessings
- Litany
- Extemporaneous or impromptu prayer
- Ejaculations
- Liturgies
- Praise
- Intercessory
- Hymns

Meditative or Contemplative: While vocal prayer may be described as the form of prayer when we are speaking to God, the goal of Contemplative prayer is to quiet ourselves so that we may see, listen, or otherwise sense God's presence.

Forms of Contemplative Prayer:

- Eucharistic Adoration
- True Icons
- Meditating with Scripture
- Contemplative Presence

COME HOLY SPIRIT

Come Holy Spirit, fill the hearts of Your faithful, and enkindle in them the fire of Your love.

V. Send forth Your Spirit, and they shall be created;

R. And You shall renew the face of the earth.

O God, who by the light of the Holy Spirit has instructed the hearts of the faithful, grant that by the same Holy Spirit, we may know what is right and just, and ever rejoice in His consolations. Through Christ our Lord.

AMEN

ST. MICHAEL THE ARCHANGEL

St. Michael the Archangel

Defend us in battle;

Be our protection against the wickedness and snares of the Devil;

May God rebuke him, we humbly pray;

And do thou, O prince of the heavenly hosts,

By the power of God,

Cast into Hell Satan and all the evil spirits prowling the world, seeking the ruin of souls.

--AMEN--