



## - A RESOURCE FOR ONGOING FORMATION -

### Part 3: Prayer

#### Chapter 1. Living a Prayer-Centred Life

As Jesus was a true worshipper of the Father, so let prayer and contemplation be the soul of all they are and do. Rule 8

*St Augustine said:*

He prays for us as our Priest, prays in us as our Head, and is prayed to by us as our God. Therefore, let us acknowledge our voice in him and his in us.

Pray hardest when it's hardest to pray.



The Christian on his knees is the Christian on his toes.

The Church marches on its knees.

The family that prays together stays together.

Jesus' filial prayer is the perfect model of prayer in the New Testament. Often done in solitude and in secret, the prayer of Jesus involves a loving adherence to the will of the Father even to the Cross and an absolute confidence in being heard.

In his teaching, Jesus teaches his disciples to pray with a purified heart, with lively and persevering faith, with filial boldness. He calls them to vigilance and invites them to present their petitions to God in his name. Jesus Christ himself answers prayers addressed to him.

*Catechism of the Catholic Church 2620-2621 (p 559)*



- Q. 1** What posture is preferred for prayer?
- Q. 2** Name some places and conditions in which we should not try to pray.
- Q. 3** List some things that might help us to pray.

“By creating the Third Order, Francis, though, did accept the distinction between radical commitment and the necessity of living in the world. The point of the Third Order is to accept with humility the task of one’s secular profession and its requirements, wherever one happens to be, while directing one’s whole life to that deep interior communion with Christ that Francis showed us. ‘To own goods as if you owned nothing’ [Cf. I Cor 7.29ff] - to master this inner tension, which is perhaps the more difficult challenge, and, sustained by those privileged to follow Christ radically, truly to live it out ever anew—that is what the Third Orders are for...It is above all by looking at Francis of Assisi that we see clearly what the words ‘Kingdom of God’ mean. Francis stood totally within the Church, and at the same time it is in figures such as he that the Church grows toward the goal that lies in the future, and yet is already present: The Kingdom of God is drawing near...”

Benedict XVI *Jesus of Nazareth* (p 79)



## Scripture—

### **I Sam 2.1-10**

Hannah prayed and said, ' My heart exults in the Lord; my strength is exalted in my God. My mouth derides my enemies, because I rejoice in my victory. There is no Holy One like the Lord, no one besides you; there is no Rock like our God. Talk no more so very proudly, let no arrogance come from your mouth: for the Lord is a God of knowledge, and by him actions are weighed. The bows of the mighty are broken, but the feeble gird on strength. Those who were full have hired themselves out for bread, but those who are hungry are fat with spoil. The barren has borne seven, but she who has many children is forlorn. The Lord kills and brings to life; he brings down to Sheol and raises up. The Lord makes poor and makes rich; he brings low, he also exalts. He raises up the poor from the dust; he lifts the needy from the ash heap, to make them sit with princes and inherit a seat of honour. For the pillars of the earth are the Lord ' s, and on them he has set the world. He will guard the feet of his faithful ones, but the wicked shall be cut off in darkness; for not by might does one prevail. The Lord! His adversaries shall be shattered; the Most High will thunder in heaven. The Lord will judge the ends of the earth; he will give strength to his king, and exalt the power of his anointed. '

### **Phil 4.6-7**

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.