

PSM 23 The Lord is my strength
PSM 51 He will never forsake me
PSM 68 - O Lord you

① Journey diary begins w/ first step
- need best step forward
- ~~best~~ / hold on slowly & mind step
- by steps! End of each
- soul of prayer

VII. Lord, Teach Us to Pray

- a. Humor
 - I. Don't sell the cow ②
 - II. Dear God, why did I invite all these people?

b. Video of RICH MAN "Dear Lord"

c. What is prayer? **TEVYE VIDEO**

- I. For Tevye? [5 minutes table]
 - 1. Right where you're at *where & how?*
 - 2. Frustrations, dreams, hopes
 - 3. Honest!
 - 4. Song
 - 5. Prayer and work
 - 6. Sweetest thing of all: leisure to study Scriptures *7 times every day*
and pray!

NEXT SLIDE

VIII. Books on Prayer: *- 70s! Fray's is a resource*

- a. Anthony Bloom: Beginning to Pray
- b. Peter Kreeft: Prayer for Beginners

IX. Prayer definition: [yours? Write]

- a. Raising of the mind and the heart to God
- b. Mind: prayer involves thinking (getting mind of Christ)

c. Heart: prayer involves loving, feeling

I. Jeremiah: "More tortuous than all else is the human heart, beyond remedy: who can understand it? You alone, Lord..."

1. That's often what I bring to prayer!

Beginning
②
150
Search prayer
Lit. & books
→
Wine
God

7
Sinner
outlandish
intentional
request
entry
woman
69 years
she prayed
but never
spoken to
God myself!
directly →

you're a mess
How are you? Good!
Owe active great rejection
How are you?
Bumb!
you don't
me
Jan 2017

→ Paul's 25:1

→ Gen 17:9

like ocean, mostly UNEXPLORED

d. Mind and heart also refer to the core of who you are, your inner world – nothing superficial

→ process of trusting → HE ENTERS → HE HEARS A BELIEVER
- All God wants is you

e. Raising to God: relational, as gift offered, trusting it will be received, vulnerable, once He receives my mind and heart what will He do?

not rejected

i. PRAYER is first and foremost a GIFT

a. God initiates everything – LET THERE BE – and humanity responds --- first to speak, awaits our response...

any response to prayer you feel is response to God

b. In John's Gospel, on the Cross, Jesus said two simple words that can be said to capture the most MYSTERIOUS aspect of prayer: I THIRST.

i. We know victims of torture and crucifixion experience horrific dehydration and a screaming thirst – so there's a natural element here.

→ AND THAT JESUS shared in human experience of thirst

ii. BUT because Jesus is GOD, everything that happens in his humanity also says something about his DIVINITY: JESUS IS God-with-us, NEAR, IN YOUR FACE

1. In Jesus we see that God thirsts for our love:

LONGS to be longed for...

c. MOTHER TERESA put those two words in every Chapel built for her homes for the poor, sick and dying.

- i. SHE loved to explain that those words referred to Jesus' love for every man and woman – his thirsting love; his desire and yearning for our LOVE and for us to come to know HIS love

FOSTER MOM
→ would of home for abandoned child →
FOSTER mom → send a child → I thought
of you when I saw...

d. **PSALM 63**: O God, you are my God...

- e. Every time you sense the need to pray you are simply responding to divine initiative –

of you when I saw... child → you thought of me. no one thinks about me

My wife sent me this quote recently and said how much she loved it: “the best feeling is when you look at him and he’s already looking at you”

→ who usually makes you pray?
f. Why do we pray? (SLIDE)

- X. Because faith is about a relationship, covenant of love, and covenant relationships require communication to remain alive.

- a. BUT for many too many people, **PRAYER is reduced** either to ASKING GOD for stuff, or TALKING AT GOD about stuff, GRASPING for warm-fuzzy or sweet feelings, or ALLEVIATING guilt over the obligation to pray.

- b. Then prayer gets reduced to these measurements of success:

- I. DID I GET WHAT I WANTED?
- II. DID I SAY WHAT I NEEDED?
- III. DID I FEEL GOOD LIKE I HOPED I WOULD?
- IV. DID I CHECK IT OFF THE LIST, ASSUAGE THE GUILD AND GET IT OVER WITH?

c. HOW AWFUL and BORING!

d. BUT THIS IS **NOT** the way people in the Bible experienced **prayer** – It was WILD, an encounter with a WILD God, the LION of JUDAH who cannot be tamed, manipulated, controlled, coerced, forced into ANYTHING.

Handwritten notes: PASSIONATE, DRAMATIC LOVE "THIS RESURGENT LOVER" BOYAN - BUT ASPIRATIONS one

e. Like standing confidently before a ROARING TSUNAMI that overwhelms you with the force of unrelenting mercy – SO THAT THOSE WHO dare to allow themselves to be overrun discover in the aftermath of impact peace, joy, healing, forgiveness, wholeness, strength, courage, hope....

f. Prayer is at ROOT an act of relating, of relationship

I. Filled with all the rich drama of relating:

II. Speaking and listening, laughing and crying, arguing and reconciling, praising and thanking, feeling joy and frustration, anger and longing, with ups and downs, playing and working together, or just wasting time with each other SIMPLY because love alone justifies your choice to be together "JUST BECAUSE"

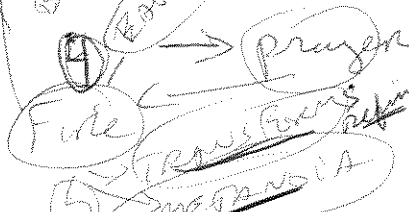
Handwritten note: Psalm 13

III. Prayer begins in the mind and, if it is to GO DEEP into INTIMACY, climbs down into the heart (secret, inner place where covenant is forged) OR EVEN FARTHER DOWN!

Handwritten note: Letting God

Handwritten notes: 6) MFG how will power? write knowledge of BUT DO GRACE - apart from nothing

Handwritten notes: 1) permission for God to do His thing 2) Brain + Heart swaying 3) weed + head → for flowers 4) not "to get" thing but to become someone 5) ACT in us + then we allow ourselves to be new



1. Orthodox Rabbi: pray with heart or guts?

g. How do we pray?

I. Lectio review:

1. Lectio: READ
2. Meditatio: RUMINATE
3. Oratio: ROGATE (COLLOQUY)
4. Contemplatio: RECEIVE
5. Actio: RESPOND

II. This kind of prayer is what we Catholics call **MENTAL PRAYER** – Carmelite reformer St. Teresa of Avila defined mental prayer AS **praying with intention...IN OTHER WORDS paying attention to the One with whom you're are speaking...**

1. SHE ADDED: "Mental prayer in my opinion is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us."

III. **ANOTHER Carmelite St. Therese** said it this way: "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"

IV. PRAYER **drags into its sway** EVERYTHING about you ----
-- GOOD, BAD AND UGLY

SURE
BIBLE word
INVOLVE

AS MANY
worry
Prayer
Bible
way
→ MT 6:5-15

when?
wake up { Good morning God
Good God. it's morning
Begin w/ prayer
morning
Before bed
mean? → imagine myself
BIBLE study - no!
Then a God about it →

Basic Form of All

AS IF God were before you

this is how Teresa describes prayer

→ if God's morality if you were based on how much you share w/ Him, how well would we know for?

1. Lay it all bare before God: what is not laid on the altar cannot be consecrated

PRAYER, like LOVE, is a MANY SPLENDORED THING!

Let me say that the best way to learn about prayer is to: DO IT, TRY IT, RISK IT, it's worth doing badly because it's worth doing

Shen
Lebeof

4 Forms of prayer are revealed in Scripture

j. Adoration

→ Psalms sing → Psalms + CC!

- a. Hebrew word: "face on the ground"
- b. God as God, reverence, awe, wonder, terror, silence, wow

MALCOM X - prayer → PROSITON
5 HOURS PRAY

k. Petition

- a. Paupers: utterly dependent
- b. Ask: for whatever goods we see are needed for our salvation and well-being and that of all - Jews, children, → Mary Dal
- c. Cry out! - Temptation - 'set seat on my hand, O God'
- d. Wrestle: Tangling with God is wild, engaged, battle of wills, love is bloody, obedience is LEARNED through struggle
- e. Persist: NEVER EVER give up; longer you seek, the deeper your desire (stretch your capacity) - longer you go, the deeper you go

LOVE
WIKI
13

- i. You become someone different,
- f. Persistent in my marriage grow to a depth of love I never imagined → Grandparents -

- g. Pray the Psalms: bold, trust
- h. God includes humanity in his governance of the universe

i. Pray as if...

j. Pray rightly - fiat

- i. **THY WILL BE DONE** - Amen
- ii. God comes in **WATCH OUT!**

→ Amen
→ Thou me Lord's

AA

Holy Spirit

Tease

why ask for things God already knows

k. O LORD INVADE OUR STAYED AND STEADY

- i. Brain and heart surgeon
 - ii. SEEKING LOST
 - iii. Fierce mercy...kyrie eleison...bring it on, Lord
 - iv. Mercy is not love overlooking evil but overcoming it, healing it
 - v. More tears shed over...
- l. Pray for whom? Taxis of bidding prayers: family, etc.
- m. Promising prayers
- n. Praying for the dead

l. Meditation: soaking the mind in Christ; discursive meditation;

- a. The quest of the mind for God
- b. Scripture; icons; liturgical texts; writings of spiritual fathers, spiritual authors, book of creation, and of history
- c. In the presence of God
- d. Holy reading; Bible (Gospels), spiritual book
- e. Ruminant
- f. Taking on the mind of Christ
- g. Self-knowledge; discernment
- h. Engages thought, **imagination**, emotion, desire

m. Contemplative Prayer:

- a. Simple gaze on truth
- b. Receptive prayer; listening; non-discursive; intuitive; prayer of the heart

- from our prayer
V. Prayers

1. BIG THREE
2. CREED - *Sum of Bible turned into a profession of faith*
3. ROSARY - *Biblical prayer*
4. MORNING OFFERING -
5. JESUS PRAYER

This is what says a believe it see it that way

h. Overcoming obstacles to prayer

- I. Time: prioritize (life/death), organize (plan your day), optimize (best time for you to be attentive, quiet): God never outdone in generosity
- II. Consistency: fidelity 31, accountability, daily
- III. Distractions: expect, re-focus=greater!, B.U.S.Y.; have something to chew on; BEADS
 1. Prove existence of the devil: start praying
- IV. Unrealistic expectations: start small and grow
- V. Let God lead, trust Him with success: you do faithfulness

Prayer is not optional if you want to be a person of faith

Prayer not optional

*↓
cease to pray, you will cease to believe*