

PreKeysis Outline

1/9/08

Review Prayer:

1. Expressions of Prayer
 - a. Vocal prayer
 - b. Meditation—silently express what is in our heart and on our mind; use mind, heart, imagination, & emotions
 - c. Contemplation: simply being with God
2. Sources of Prayer
 - a. Sacred Scripture
 - b. Sacraments of the Church
 - c. Virtues of faith, hope & love

Vocabulary:

Prayer: conversation with God; expression of and participation in our covenant and communion with God.

Liturgy: the worship of God; the work of the whole Christ, Head & Body.

Covenant: our unity with God

Devotions: acts of personal or communal prayer.

Rites: ways of celebrating the liturgy.

Icons: a picture or image of Christ, Mary, a saint or an angel.

How do you spend your time at home on a typical day?

When are the best times of day for you to pray?

Christian Prayer:

1. Spending time with God, sharing our life with him and listening to him.
2. God always begins our conversation with him.
3. Prayer as Covenant and Communion
 - Covenant: we are so connected with God that life without him is not possible
 - God created and entered into covenant with us.
 - We are joined to Christ through Baptism.
 - Christian prayer is an expression of that covenantal relationship with God.
4. Prayer as Communion
 - Prayer is a sign that our life as children of God is alive.
 - When we pray, we are living our relationship, or communion, with God the Father.

Models of Prayer

1. Abraham
 - a. Rd Gen 12:1-4

- b. Abraham was obedient. They did what God asked.
- 2. Moses
 - a. Ex 33:11
 - b. Moses spoke often with God, face to face, which started when he approached the burning bush.
 - c. Moses' life was transformed by these meetings.
- 3. David
 - a. Rd 2 Samuel 7:18-29
 - b. David drew up plans to build a temple where the people could gather to pray
- 4. The prophets
 - a. Is 6:5,8
 - b. Isaiah, Ezekiel, Jeremiah, and other prophets had many conversations with God that refocused the attention of God's people on God and living the Covenant with him and waiting and preparing for the promised Savior.
- 5. Mary
 - a. She is a model of prayer for all Christians.
 - b. "Behold, I am the handmaid of the Lord. May it be done to me according to your word."
 - c. Mary lived a life of faith, hope, and love.
 - d. God's love for her and her love for God filled her heart in a way that no one before had ever experienced.

The Prayer of Jesus

- Jesus taught us to pray, to call God, Father.
- Jesus often went alone to pray before making important decisions.
- He invited the disciples to pray with him in the garden before his crucifixion—"My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will."
- Jesus whole live was prayer—continues conversation with God; acknowledge God as father, blessed and thanked him, prayed for himself and others, confident in his father's love for him.

The Prayer of the Church

- The whole life of the Body of Christ, the Church, is a life of prayer as the life of Jesus was
- "Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus (1 Thess 5:17-18)
- Our prayer ascends in the HS through Christ to the Father. God's blessings in turn descends upon us through Christ in the HS, showering upon us his many gifts.

The Liturgy of the Church

- The center of the prayer life of the Church, especially the Eucharist.
 - The work of God; the work of the whole Christ, Head & Body.
 - Joined to Christ, we give praise & thanksgiving to God the Father.
1. Liturgical Rites
 - Ways of celebrating the liturgy.
 - Roman rite and Eastern rites
 2. Local customs
 - Diversity in how we worship depending on the culture
 - We still have to follow the guidelines set by the bishop of our diocese.
 3. Singing & Music
 - Music enhances worship
 - We feel something in our hearts
 - Can't just use any music we want.
 4. Liturgy of the Hours—the public daily prayer of the Church—morning and evening, plus office of readings, daytime prayer, and night prayer.

Popular devotions

- Acts of personal or communal prayer
- Surround and arise out of the celebration of the liturgy.
- Thousands of devotions throughout the world

Sacred Images

- Statues and icons, which are pictures of Christ, Mary, a saint or an angel.
- When we honor an image, we honor who the person is and their connection to Christ
- Images help Christians around the world remember and share in the events of Jesus' life.

Forms of Spirituality

- Living our life in response to the HS is called spirituality
1. Monastic Spirituality
 - A form of religious life in which men and women take vows or promises of poverty, Chastity, and obedience.
 - They separate themselves from society either as hermits or in a community
 - Monasteries, abbeys, or priories.
 - The goal is to pursue a life devoted to prayer and work for the glory of God, the good of the Church and the world
 2. Franciscan
 - The followers of St. Francis
 - Imitate the total obedience and self giving of Jesus to the Father.
 3. Lay spirituality
 - Daily challenges of men and women who live their lives in Christ in the midst of the world

- God is at the heart of raising families, attending school, and pursuing a career.

Journal writing

- One of the ways to pray.
- Keeping a journal helps you express any special feelings you have.
- Sharing special thoughts, feelings, fears & joys with God.
- Your dialogue with God.

Dealing with distractions of Prayer

- God is always present even when it seems he is not.
- Overcome distractions by spending more time in prayer (practice)
- Turn further into the depths of one's heart for it is there that God speaks.