

OCIA PRAYER RETREAT

Introduction to Prayer

Opening meditation–Psalm 42

What is prayer?

"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. Therese of Lisieux*

"Prayer is the encounter of God's thirst with ours. God thirsts that we may thirst for him." –*St. Augustine*

"You have made us for yourself, O Lord, and our hearts are restless until they find their rest in you." –*St. Augustine*

What prayer is not

Requirements (what is necessary for prayer)

Developing a discipline of prayer (Luke 5:16)

Location

Time

Preparation

While praying

Prayer as a battle (Ephesians 6:10-12)

Impediments to prayer

Distraction

Dryness

Lack of faith

Discouragement

Sloth (acedia)

Remedies

Vigilance (Matthew 25:1-13)

Humility (Luke 18:9-14)

Perseverance (Luke 18:1-8)

Understand our changeable nature

Reflection and discussion

What attitudes do I have about prayer? _____

How is it different to know about someone and to know him or her personally? Do I pray to God as a close friend? _____

What obstacles prevent me from deepening my prayer life? _____

What can I do now to begin overcoming these obstacles? _____

Patterns of Prayer

Opening meditation—1 Kings 19:11-13

3 Stages of prayer

First stage: Vocal prayer

Prayer as the body of Christ (Hebrews 4:14-16; Romans 12:4-5) _____

Corporate and individual forms of prayer _____

The Lord's Prayer (Matthew 6:9-15) _____

Elements of vocal prayer:

A. –Adoration _____

C. –Contrition _____

T. –Thanksgiving _____

S. –Supplication _____

Second stage: Meditative prayer

Imaginative prayer _____

Devotional aids (Living Faith, Magnificat, Word Among Us) _____

Third stage: Contemplative prayer

Forms of prayer including all three stages

Reflection and discussion

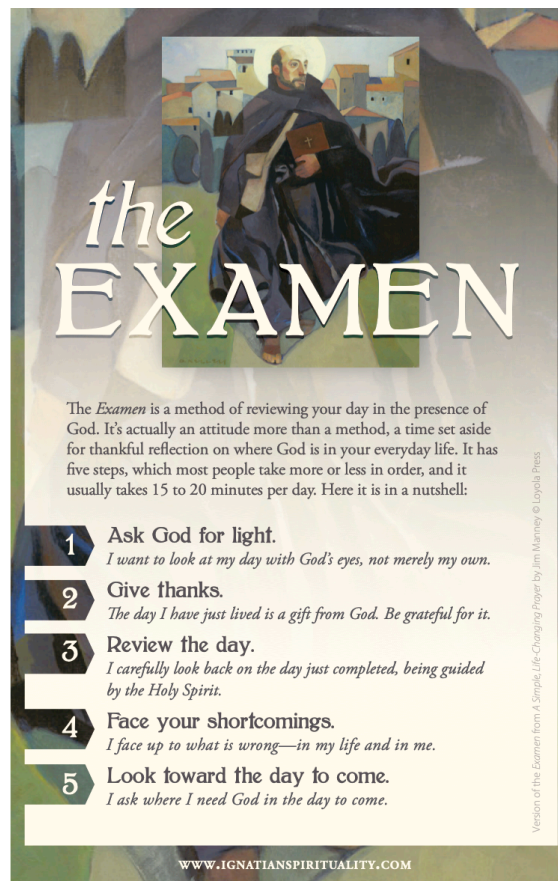
What do I want for my prayer life? _____

What forms of prayer appeal to me most? _____

What commitment can I make today to begin growing closer to God in prayer? _____

Traditional prayers

Examen ("Examine")

[illegible]

***Lectio divina*—John 10:1-10**

"Listen with the ear of your heart." –Rule of St. Benedict

The following guide is adapted for prayer as a group. When praying individually, read the passage each time yourself and share your thoughts with God.

Make yourself comfortable as you settle in for a time of quiet prayer. Breathe deeply to settle your body and your mind, becoming aware that you are in God's presence.

Lectio (read)

Listen to the first person read the passage aloud. Spend a few moments in quiet reflection on the passage. What word or phrase speaks to your heart? When the group is invited to share, speak that word or phrase aloud.

Meditatio (reflect)

Listen to the second person read the passage aloud, keeping in mind the word or phrase that first spoke to you. Spend a few moments in quiet reflection on what God may be saying to you through this word or phrase. When the group is invited to speak, share what this word or phrase means to you.

Oratio (respond)

Listen to the third person read the passage aloud. Spend a few moments in quiet reflection on how God may be calling you to act through the word or phrase that spoke to you. When the group is invited to speak, share how you feel God may be calling you to respond.

Contemplatio (rest)

Closing prayer of thanksgiving for our encounter with God's word.

Other traditional prayers

Heavenly Father, we come before you in praise, worship, and adoration. Thank you for sending your son Jesus to give us life, to give us forgiveness, to give us place in your family. Thank you for sending the Holy Spirit to guide and empower our everyday lives. Heavenly Father, open our eyes that we may see your greatness, your majesty, your victory on our behalf. Amen.

Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within thy wounds hide me.

Suffer me never to be separated from thee.

From the malignant enemy, defend me.

At the hour of death, call me and bid me come to thee

That with thy saints I may praise thee forever and ever. Amen.

Prayer to the Holy Spirit

Come, Holy Spirit. Fill the hearts of your faithful
And kindle in them the fire of your love.

Send forth your Spirit, and we shall be created.
And you shall renew the face of the earth.

O God, who by the light of the Holy Spirit, instructs the hearts of the faithful,
Grant that by the same Holy Spirit,
we may be truly wise and ever rejoice in its 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; do thou, O prince of the heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

Te Deum

We praise you, O God:
We acclaim you as Lord.
Everlasting Father, all the world bows
down before you.
All the angels sing your praise,
The hosts of heaven
and all the angelic powers,
All the cherubim and seraphim
call out to you in unending song:
Holy, holy, holy is the Lord God
of angel hosts!
The heavens and the earth are filled
with your majesty and glory.
The glorious band of apostles,
The noble company of prophets,
The white-robed army
who shed their blood for Christ,
All sing your praise.
And to the ends of the earth your holy
Church proclaims her faith in you:
Father, whose majesty is boundless,
Your true and only son,
who is to be adored,
The Holy Spirit sent to be our advocate.
You, Christ, are the king of glory,
Son of the eternal Father.
When you took our nature to save
mankind

You did not shrink from birth
in the Virgin's womb.
You overcame the power of death,
Opening the Father's kingdom
to all who believe in you.
Enthroned at God's right hand
in the glory of the Father,
You will come in judgement
according to your promise.
You redeemed your people
by your precious blood.
Come, we implore you, to our aid.
Grant us with the saints a place
in eternal glory.
Lord, save your people
and bless your inheritance.
Rule them and uphold them
forever and ever.
Day by day we praise you:
We acclaim you now and to all eternity.
In your goodness, Lord,
keep us free from sin.
Have mercy on us, Lord, have mercy.
May your mercy always be with us, Lord,
For we have hoped in you.
In you, Lord, we put our trust:
We shall not be put to shame. Amen.