



# Ways Of Prayer - Session 4

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## Prayer Practice of the Week Suggestions for Practice Additional Resources

### Prayer Practice of the Week: Rote and Not-So-Rote Prayer

*Praying with our oldest friends*

There is comfort in the prayers we have been praying for most of our lives. This is a session to explore ways of bringing new awareness and deliberate attention to the words of some of our most familiar prayers.

#### **The Lord's Prayer –**

Slowing down with a meditation. Pray each phrase. Pause. Breathe. Listen or just rest in the silence.

#### **Prayer Postures-sometimes consciously including our bodies in the practice opens new doors in our prayer.**

God is probably not concerned with the position of our bodies in prayer. As a dear friend once told me, "It's not your position but your disposition that is important." That being said, sometimes a particular posture can lead us more quickly—and perhaps more deeply—into the place where God wants to meet us.

#### **Prayer Postures you may wish to try:**

##### **Walking**

- Praying meditatively. You may choose to breath and pray in rhythm with your steps.

##### **Swaying**

- Eyes open or closed, hands clasped or open.

##### **Standing**

- Arms out - face turned upward palms up "holy hands lifted up to God" (1 Timothy 2:8)
- Head bowed – eyes open or closed; hands folded
- Hands up - position of surrender
- Hands out front together— position of receiving
- Bowing from the waist - Head down, hands clasped

##### **Kneeling**

- Head bowed, hands folded
- Head to the ground, hands face down on ground next to head "Elijah crouched low to the ground and put his face between his knees" (1 Kings 18:42)

##### **Lying Down**

- **Prostrate - Flat on the Floor Face Down:** "Abram fell facedown" while talking to God (Genesis 17:3). This is a posture of humility before God - the posture of the Clergy during ordination and at the beginning of Good Friday liturgy.

- **Supine – Back Flat on Floor (or ground) Face Up:** A lovely position to take for rest, healing and wonder especially if able to look up to the heavens

**Practice with one or more of these:**

**The Sign of the Cross**

**The Lord's Prayer**

**The Hail Mary**

**The Rosary**

## **Suggestions for Prayer Practice**

**As always...the only rule with prayer practice is that you commit to show up and trust God to show you the way.**

Pray with your body. If you can do so safely, try any/all of the prayer postures above. When done, take a pad and a pen, and quickly jot down what you were sensing, what came to mind, and how fully you were able to immerse yourself in prayer.

Or try this prayer of the Blessed Trinity. Stand up with your arms straight out to your side and your palms pointing to the ceiling and pray: "Creator God". Bring your hands together in front of you, forming a triangle with your thumbs and forefingers, and pray: "The three in one". Open your arms to touch your hands to the ground and pray: "Be in this place". Stand up again and place the triangle over your chest praying, "Be in my heart", and over your forehead praying, "Be in my mind". Open your arms to your sides: "I love you and adore you". Bring your hands down to the starting point and you can start to pray again."

During the next few days, try to focus, as often as you can, on being in the present moment

Truly taste your food as you eat

Really listen to a your spouse, your child, your friend as he/she talks to you

Be aware of the sounds or the silence around you when you sit for a moment and pray.

Walk and pray in nature, or in your neighborhood. Look for moments when you can stop, take a breath, and give your mind and heart to God. The doorway to prayer is everywhere. God will meet you there.

## **Additional Resources**

### **Online Resources**

**This is a link to the Catechism of the Catholic Church's meditation/teaching on The Lord's prayer:**

[http://www.vatican.va/archive/ccc\\_css/archive/catechism/p4s2a2.htm](http://www.vatican.va/archive/ccc_css/archive/catechism/p4s2a2.htm)

**21 Things We Do When We Make the Sign of the Cross by Stephen Beale**

<https://catholicexchange.com/21-things-cross>

**The Living Prayer Center** - Excellent resources on all forms of prayer. This is a **beautiful** site for learning about many ways of prayer!

<http://prayer-center.upperroom.org/resources/resources-methods>