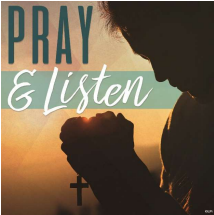




St. Mary's of the Lake, Watkins Glen, NY
St. Benedict's, Odessa, NY





**Giving Our Hearts to God:
What It Means to Pray, Part III**
Fr. Jeffrey S. Tunnichiff
December 2, 2021

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**Giving Our Hearts to God:
What It Means to Pray, Part III**



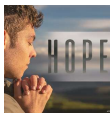
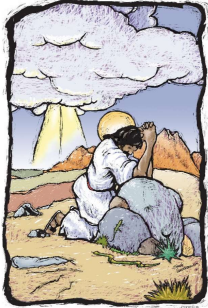
Webinar Tips

- All participants are muted to reduce background noise
- If slides are not fully visible, check at the top center of your screen for "fit to window" under arrow.
- If you would like to ask a question, at the bottom of your screen you should see a box with the letters "Q & A". Click it and you can type your question. It will show on my screen.
- In addition to the slides, you should see a video of me. It should appear in the upper right of your screen. It should not block any significant content on the slides. If it does, you can drag it around.

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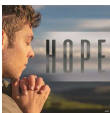




Opening Prayer

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Why Pray?

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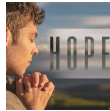



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Why Pray?


However, Pope Francis said, “Prayer is **not** a magic wand,” he said. “It is a **dialogue** with the Lord. Indeed, when we pray, we can give in to the **risk of not being the ones to serve God, but of expecting him to serve us.**” (Carol Glantz, “Darkness does not mean devil has won, pope says at audience.” Catholic News Service. May 26, 2021. Available online at https://catholiccourier.com/articles/darkness-does-not-mean-devil-has-won-pope-says-at-audience?utm_source=Reflections%202021-05-29&utm_medium=email&utm_campaign=Prayer%20is%20not%20a%20magic%20wand.)

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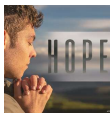



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Why Pray?



6


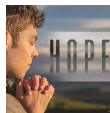



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The Meaning Behind the Words

Prayer can involve saying the words of prayers that we have memorized. However, good prayer is **not** just about **saying** the words. We need to reflect on what they mean.

7





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Four Types of Prayer A-C-T-S

- Adoration
- Contrition
- Thanksgiving
- Supplication

8




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Pray Without Ceasing A Caution

- My work is my prayer
 - Yes and no
 - "But we cannot pray "at all times" if we do not pray at specific times, consciously willing it" (*Catechism of the Catholic Church*, 2697).

9




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Encounter

Catechism of the Catholic Church, 2565
 "Thus, the life of prayer is the habit **of being in the presence** of the thrice-holy God and in communion with him."

10




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Distractions

- Are they inevitable?
- Jacob's wrestling (Gen 32:24-30)
 - What thoughts are distractions and what thoughts are something we need to pray about?
- *Catechism of the Catholic Church*, 2729 "To set about hunting down distractions would be to fall into their trap, when all that is necessary is turn back to our heart: for a distraction reveals to us what we are attached to."

11




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Tips for Dealing with Distractions

- The Devil is cunning. He knows how to distract us.
- Fighting thoughts vs. letting them pass
- Minimizing distractions
 - Having a special place for prayer (prayer corner)
 - Remove distracting items
 - People know not to interrupt us
- Centering prayer

12




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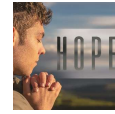
Dryness in Prayer

- Mother Teresa
 - People assumed prayer was easy for her but her journals revealed she spent years in dryness.
- Are we not able to pray or do we not perceive our prayer?
 - Prayer can become routine. As such it no longer provides the same fire.
 - Addiction – we need more of what we are addicted to in order to achieve the same effect (Gerard G. May, *Addiction & Grace: Love and Spirituality in the Healing of Addictions*. New York: Harper One. 1988).

13



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Tips for Distractions and Dryness

- Fasting
- Friday penance


Why?

- Willing to Sacrifice
- Showing to ourselves that God is #1

14




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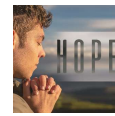
From the evaluations “History of Prayer”

- Genesis 32:10 – Jacob prayed
- If prayer is about encountering and/or dialoguing with God, then
 - Adam and Eve
 - Moses
- As Catholics we have the Liturgy of the Hours but it follows Jewish customs
- Rosary came much later along with other devotions
- Different forms

15





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Forms

- People pray differently
- Together we **pray** the Mass
 - Spectators vs. active participation

16


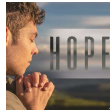



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What It Means to Pray, Part III**

Forms

- Devotions
 - Rosary
 - Meditating on the mysteries
 - Question – is the repetition in the rosary helpful?
 - What if I don't finish a rosary?
 - Stations of the Cross
 - Meditating on Jesus' suffering for us
 - Divine Mercy Chaplet
 - Meditating on God's mercy

17


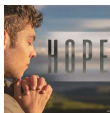
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What It Means to Pray, Part III**

Forms

Devotions - St. Michael Chaplet - 9 invocations

1. By the intercession of St. Michael and the celestial Choir of Seraphim, may the Lord make us worthy to burn with the fire of perfect **charity**. Amen.
2. By the intercession of St. Michael and the celestial Choir of Cherubim, may the Lord vouchsafe to grant us grace to leave the ways of wickedness to run in the paths of Christian perfection. Amen.
3. By the intercession of St. Michael and the celestial Choir of Thrones, may the Lord infuse into our hearts a true and sincere spirit of **humility**. Amen.
4. By the intercession of St. Michael and the celestial Choir of Dominions, may the Lord give us grace to govern our senses and subdue our unruly passions. Amen
5. By the intercession of St. Michael and the celestial Choir of Powers, may the Lord vouchsafe to protect our souls against the snares and temptations of the devil. Amen.

18


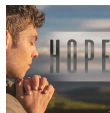
**Giving Our Hearts to God:
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Forms

Devotions - St. Michael Chaplet - 9 invocations

6. By the intercession of St. Michael and the celestial Choir of Virtues, may the Lord preserve us from evil and suffer us not to fall into temptation. Amen.
7. By the intercession of St. Michael and the celestial Choir of Principalities, may God fill our souls with a true spirit of **obedience**. Amen.
8. By the intercession of St. Michael and the celestial Choir of Archangels, may the Lord give us **perseverance** in faith and in all good works, in order that we gain the glory of Paradise. Amen.
9. By the intercession of St. Michael and the celestial Choir of Angels, may the Lord grant us to be protected by them in this mortal life and conducted hereafter to eternal glory. Amen.

19






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What It Means to Pray, Part III**

Forms

- Meditation
 - "Meditation is above all a quest. The mind seeks to understand the why and how of the Christian life, in order to adhere and respond to what the Lord is asking" (*Catechism of the Catholic Church*, 2705).
 - What I said in Part I about the Serenity Prayer, Foucauld's Prayer of Abandonment....not just saying words

20


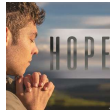



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What It Means to Pray, Part III**

Forms – Meditation

St. Charles Borromeo on the importance of meditation
 “My brothers, you must realize that for us churchmen nothing is more necessary than meditation. ***We must meditate before, during and after everything we do.*** The prophet says: *I will pray, and then I will understand.* When you administer the sacraments, meditate on what you are doing. When you celebrate Mass, reflect on the sacrifice you are offering. When you pray the office, think about the words you are saying and the Lord to whom you are speaking. When you take care of your people, meditate on how the Lord’s blood that has washed them clean. So that *all that you do becomes a work of love.*”
 (As found in the second reading in the Office of Reading for the Memorial of St. Charles Borromeo on Nov. 4th - From a sermon given during the last synod he attended, by Saint Charles, bishop (Acta Ecclesiae Mediolanensis 1599, 1177-1178))

21


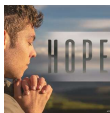



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Forms - Litanies

- DeLorenzo writes in his new book, *Model of Faith: Reflecting on the Litany of Saint Joseph*, “The Litany of Saint Joseph takes us down a path of contemplation. We are led to contemplate the titles and honors of Joseph, husband of Mary and the custodian of the Incarnate Word. To contemplate Joseph requires that we contemplate the mysteries of God” (14).
- The entire litany can be found at <https://www.usccb.org/prayers/litany-saint-joseph>
- See my blog article “Praying the Litany of St. Joseph” at <http://blog.renewaloffaith.org/blog/?p=6973>.

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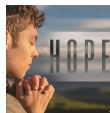



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What It Means to Pray, Part III**

Forms

- Using the Bible in prayer
 - Lectio Divina

23






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What It Means to Pray, Part III**

Forms

- Liturgy of the Hours
 - Relies on scripture
 - Even we pray it by ourselves, we pray it with others.
- See my blog article, “The Liturgy of the Hours” <http://blog.renewaloffaith.org/blog/?p=4828>

24


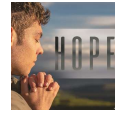



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Forms

- Adoration
 - In church before the Blessed Sacrament
 - At home before a Crucifix
 - Blog article “Two images”
<http://blog.renewaloffaith.org/blog/?p=5914>

25






**Giving Our Hearts to God:
What It Means to Pray, Part III**

Forms

- Contemplative Prayer
 - Centering prayer – battle against distractions
 - St. Augustine – “True Prayer is nothing but love”
- The *Catechism of the Catholic Church* on Contemplative Prayer
 - 2709 - “What is contemplative prayer? St. Teresa answers: “Contemplative prayer [*oracion mental*] in my opinion is nothing else than a close sharing between friends; it means taking time frequently to be alone with him who we know loves us.”
 - 2715 - “Contemplation is a *gaze of faith, fixed on Jesus.*”

26


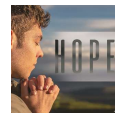



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Prayers Found in Scripture The Lord’s Prayer

- Matthew 6:9-13 covered in Part I

27






**Giving Our Hearts to God:
What It Means to Pray, Part III**

Prayers Found in Scripture Hail Mary

- Hail Mary, Full of Grace, The Lord is with thee.
- Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.
- Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death.
- Luke 1:28 – “*Hail, favored one! The Lord is with you.*”
- Luke 1:42b – “*Most blessed are you among women, and blessed is the fruit of your womb.*”
- Luke 1:43b – “*mother of my Lord*”

28


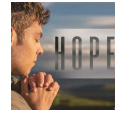



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Prayers Found in Scripture

- Glory be to the Father, the Son, and the Holy Spirit. **As it was in the beginning, is now, and will be forever.**
 - Revelation 16:5 – “Then I heard the angel in charge of the waters say: “You are just, O Holy One, **who are and who were,** in passing this sentence.”
 - Hebrews 13:8 – “Jesus Christ is the same **yesterday, today, and forever.**
 - Revelation 1:8 – ““I am the Alpha and the Omega, says the Lord God, “**the one who is and who was and who is to come,** the almighty.””

29

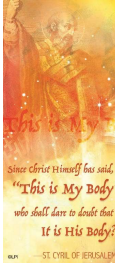
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Prayers Found in Scripture The Eucharistic Prayers - Consecration



Jesus **instituted** the Eucharist at the Last Supper with **his** words,

“this **is** my body...this cup **is** the new covenant in my blood, which will be shed for you.”

Matthew 26:26-28
Mark 14:22-24
Luke 22:14-20
Cf. I Corinthians 11:23-25



30





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Some Closing Thoughts

- How Do I Respond to someone who says, “I don't need to go to church to be faithful/believe.”
 - Jesus went to synagogue
 - Jesus kept the Jewish customs

31





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Some Closing Thoughts cont'd

- To pray well, need to wipe the slate clean --> confession
 - God always listens to the prayers of sinners
 - Lest our sins get in the way of **us** hearing God

32




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What It Means to Pray, Part III**



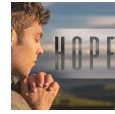
Some Closing Thoughts cont'd

- What does it mean to succeed in prayer?
 - There is nothing I shall want (Psalm 23:1)
 - Thy will be done (The Lord's Prayer – Matthew 6:10)

33




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What It Means to Pray, Part III**




Some Closing Thoughts cont'd

- St. John Vianney, "From the catechetical instructions by Saint John Mary Vianney, priest" Second Reading in the Office of Readings, August 4
 - "Prayer is nothing else but union with God."
 - "My little children, your hearts are small, but prayer stretches them and makes them capable of loving God. Through prayer we receive a foretaste of heaven and something of paradise comes down upon us."


34




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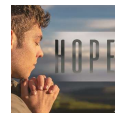
The bottom line is that **Prayer is an Encounter with God**



35





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Future Schedule

- **After January 1st**
- When you exit this webinar a short evaluation questionnaire should come up to invite your feedback.
- The slides for this presentation, along with Parts I and II, will be available online at www.renewaloffaith.org/prayer2021

36

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What It Means to Pray, Part III**


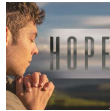
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Catechism of the Catholic Church. Second Edition. Libreria Editrice Vaticana, 1997.

Comastri, Angelo, Archbishop of Loreto and President of the National Committee for the Great Jubilee of the Year 2000, "Mother Teresa of Calcutta," Accessed on Vatican website at https://www.vatican.va/jubilee_2000/magazine/documents/ju_mag_01091997_p-18_en.html.

DeLorenzo, Leonard J. *Model of Faith: Reflecting on the Litany of Saint Joseph.* Huntington, IN: Our Sunday Visitor. 2021.

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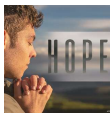



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Resources

Glantz, Carol, "Darkness does not mean devil has won, pope says at audience." Catholic News Service. May 26, 2021. Available online at https://catholiccourier.com/articles/darkness-does-not-mean-devil-has-won-pope-says-at-audience?utm_source=Reflections%202021-05-29&utm_medium=email&utm_campaign=Prayer%20is%20not%20a%20magic%20wand.

38

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39