

Ways Of Prayer – Overview



Prayer as a Doorway and an Adventure

Welcome! Here is sacred time and space for your appointment with Jesus. The doorway is prayer. The adventure is where you and our Lord go from here. These sessions are primarily devoted to praying. We trust that the longing in each heart is God's loving call to draw near. Each session offers us time and ways to respond to that call.

During each session we'll follow a regular pattern of prayer practices that you may adapt to your own prayer at home:

Gathering and Welcome

Leader: *We Welcome the Lord in our Midst.*

Response: *For wherever two or three are gathered in my name there I am also*

Leader (Lighting the Christ Candle): *With the apostles we call,*

Response: *"Lord, teach us to pray."*

Quieting – We settle ourselves to enter into a prayerful state

Prayer Process Cards (simple version of the Spiritual Examen of St. Ignatius)

Song: *Father I adore You. Lay my life before you. How I love You.
Jesus I adore You...
Spirit I adore You...*

A Moment of Silence

Prayer Practice of the Week: We aspire to bring fresh eyes to familiar ways of prayer to help us see doorways to prayer present in the midst of our days.

Shared Reflections – no one is required to share but those willing to share the ways the Lord touched their hearts can be inspiration and encouragement for others

Prayers for One Another

Closing Prayer

We have chosen the book: **Prayer – Our Deepest Longing** by Fr. Ron Rolheiser as our companion to our prayer. We have copies available (\$3).

Each session lasts approximately 1¼ hour. Each session includes take-home suggestions for prayer practices for the coming week along with additional resources for further personal study.