SAINT JOHN THE APOSTLE
CATHOLIC PARISH

Types of Prayer

Seek the Lord
and His Strength;
Seek His Face Continually. Psalm 105:4

The Fountain Ministries
Study Guide: Liturgy, Types of Prayer

Introduction (Matthew 6:5-13)

- Prayer is a two-way conversation with Him
- He hears our prayers and in time we can learn to listen to what He may have to say in response
- Prayer can give Christians peace and help them to experience God's Love
- Prayer allows Christians to have access to God through Jesus, His Son

What is Christian prayer?
- Most important activity of our lives (Ephesians 2:18)
- The whole Trinity is involved
- To the Father (Matthew 6:6)
- Through the Son (Ephesians 2:18)
- By the Spirit (Romans 8:26)

Why Pray?
- Model of Jesus (Mark 1:35)
- Model of Mary - The Magnificat (Luke 1:46-55)
- Rewards of prayer - Joy (John 16:24), Peace (Philippians 4:6,7)
- Results of prayer (Matthew 7:7-11)

Does God always answer our prayer? (Matthew 7:7-11)
- Our prayers may not be answered if there is:
  - Unconfessed sin (Isaiah 59:2)
  - Unforgiveness (Matthew 6:14,15)
  - Wrong motives (James 4:2,3)
  - Misunderstanding of the will of God - "good gifts" (Matthew 7:11)
- Yes/No/Wait

When should we pray? - Anytime!
- Always (1 Thessalonians 5:17 & Ephesians 6:18)
- Alone (Matthew 6:6) - Develop a regular pattern
- With others (Matthew 18:19) - The Mass

How do we pray?
- A: adoration
- C: confession
- T: thanksgiving
- S: supplication (requests)

The Greatest Prayer - "The Lord's Prayer" (Matthew 6:9-13)
- The "Our Father" is explained in Paragraphs 2759-2865 in the Catechism of the Catholic Church

Types of Prayer - Develop a life of prayer!
- Complete Prayer Styles Self Assessment

Prayer Session was based on Paragraphs 2558-2758 in the Catechism of the Catholic Church
Prayer Styles Self-Assessment
from Patricia D. Brown, Paths to Prayer

1. You have knowledge and intellectual skills that help you live a spiritual life.
2. Celebrating traditions and significant occasions is important to you.
3. You are an emotional person who is in touch with the longings of your heart.
4. You are an optimistic and hopeful individual.
5. Spiritual insights come to you as you observe, study, and debate.
6. Your heart soars when you see the beauty of creation.
7. Close harmonious relationships with friends and family are important to you.
8. You rejoice in new insights, the imagination, creativity, and novelty.
9. You evaluate new teachings in a logical way to determine if they mesh with your beliefs.
10. You look for opportunities to apply our faith in daily life.
11. Your motto is, "What you see is what you get."
12. You spend time contemplating the mysteries of the faith.
13. You appreciate wisdom that can be applied to concrete life circumstances.
14. You like instructions and plans to be orderly.
15. You are invested in helping others and our community grow spiritually.
16. You look beyond the nuts and bolts of what happens to see its deeper importance.
17. Accountability and fairness are important to you.
18. You have a deep appreciation of history.
19. You are inspired by the stores and examples of others.
20. You see beneath the event, story or practice to find connections and the deeper meaning.
21. Structure and order are important to you.
22. You like to observe other to determine what might work for you.
23. You extend yourself to help others locate their spiritual center.
24. You are able to pull together ideas, occurrences, people, and scholarship to come up with a better idea.
25. You have a logical mind and humble intellect.
26. You are known as a person with a lot of common sense.
27. You hold strong core values and beliefs.
28. You are a creative free spirit.
29. You are a truth-teller with a discerning spirit.
30. You possess strong problem-solving abilities.
31. You are a person of compassion who is sensitive to the emotions of others.
32. You are an optimist.
33. You appreciate order and hold a linear viewpoint.
34. You like to focus on the present day and worry about tomorrow when it comes.
35. Spiritual companions and friends are important to you.
36. You have a great imagination.
37. You are known as a person with clear convictions.
38. You like to look at the practical side of a situation.
39. You have long friendships that connect you to others.
40. You are an independent person with a strong sense of self.
Scoring sheet
Circle the number next to each statement that most closely indicates how well the statement describes you:
1 = not like me at all; 2 = only a little like me; 3 = somewhat like me; 4 = very much like me.

|   | 1 | 2 | 3 | 4 |   | 1 | 2 | 3 | 4 |   | 1 | 2 | 3 | 4 |   | 1 | 2 | 3 | 4 |   | 1 | 2 | 3 | 4 |
| 1 | 1 | 2 | 3 | 4 | 2 | 1 | 2 | 3 | 4 | 3 | 1 | 2 | 3 | 4 | 4 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 |
| 5 | 1 | 2 | 3 | 4 | 6 | 1 | 2 | 3 | 4 | 7 | 1 | 2 | 3 | 4 | 8 | 1 | 2 | 3 | 4 | 9 | 1 | 2 | 3 | 4 |
| 9 | 1 | 2 | 3 | 4 | 10| 1 | 2 | 3 | 4| 11| 1 | 2 | 3 | 4| 12| 1 | 2 | 3 | 4| 13| 1 | 2 | 3 | 4 |
| 13| 1 | 2 | 3 | 4| 14| 1 | 2 | 3 | 4| 15| 1 | 2 | 3 | 4| 16| 1 | 2 | 3 | 4| 17| 1 | 2 | 3 | 4 |
| 17| 1 | 2 | 3 | 4| 18| 1 | 2 | 3 | 4| 19| 1 | 2 | 3 | 4| 20| 1 | 2 | 3 | 4| 21| 1 | 2 | 3 | 4 |
| 21| 1 | 2 | 3 | 4| 22| 1 | 2 | 3 | 4| 23| 1 | 2 | 3 | 4| 24| 1 | 2 | 3 | 4| 25| 1 | 2 | 3 | 4 |
| 25| 1 | 2 | 3 | 4| 26| 1 | 2 | 3 | 4| 27| 1 | 2 | 3 | 4| 28| 1 | 2 | 3 | 4| 29| 1 | 2 | 3 | 4 |
| 29| 1 | 2 | 3 | 4| 30| 1 | 2 | 3 | 4| 31| 1 | 2 | 3 | 4| 32| 1 | 2 | 3 | 4| 33| 1 | 2 | 3 | 4 |
| 33| 1 | 2 | 3 | 4| 34| 1 | 2 | 3 | 4| 35| 1 | 2 | 3 | 4| 36| 1 | 2 | 3 | 4| 37| 1 | 2 | 3 | 4 |
| 37| 1 | 2 | 3 | 4| 38| 1 | 2 | 3 | 4| 39| 1 | 2 | 3 | 4| 40| 1 | 2 | 3 | 4| 38| 1 | 2 | 3 | 4 |

Column total: Searching
Experiential
Relational
Innovative

Total the number of items you circle in each column to see what types of prayer and/or spiritual practices you are most drawn to.
Searching Prayer
If you scored high in Column No. 1

Celebrate your:
Logical mind                  Humble intellect
Truth telling                Discerning spirit
Linear viewpoint             Thirst for God
Clear convictions

Searching prayer practices include:
† The Lord’s Prayer
† Praying the Scriptures, especially Lectio Divina
† A prayer journal
† Pilgrimage
† Praying with icons
† Novenas
† Prayers for the Dead
† Praying the Rosary

Experiential Prayer
If you scored high in Column No. 2

Celebrate your:
Uncommon sense                  Problem-solving abilities
Life experiences                Practical side
Focus in the present moment    Strong foundation
Established talents & skills

Experiential prayer practices include:
† Fasting
† Abstinence from food
† fasting as prayerful solitude
† Breath prayer
† The Jesus Prayer: prayer from the heart
† Benediction and blessing
† Tallith: the prayer shawl
† Centering Prayer
† Meditation: mental or discursive prayer
† Anointing for healing
Relational Prayer
If you scored high in Column No. 3

Celebrate your:
Core values and beliefs
Spiritual companions and friends
Interconnectedness to others
Authentic you, who is integrated and balanced

Sensitivity to emotions
Compassion
Long friendships

Relational prayer practices include:
❖ Eucharistic adoration
❖ Affirmation prayers
❖ Prayers of confession
❖ Examination of Conscience
❖ The Daily Office
❖ Prayer walks
❖ Emmaus walk
❖ Stations of the Cross

Innovative Prayer
If you scored high in Column No. 4

Celebrate your:
Creativity
Free Spirit
Imagination
Independence and sense of self

Optimism
Insights
Visionary side

Innovative prayer practices include:
❖ Praying with our bodies
❖ Praying in the orans positions
❖ Palms up, palms down prayer
❖ Body prayer
❖ Body prayer with music
❖ Labyrinth
❖ Home prayer altars
❖ Guided imagination

❖ Dance
Other Examples of Types of Prayer

**Affirmative prayer** is a form of prayer or a metaphysical technique that is focused on a positive outcome rather than a negative situation. For example, a person who is experiencing some form of illness would focus the prayer on the desired state of perfect health and affirm this desired intention "as if already happened" rather than identifying the illness and then asking God for help to eliminate it.

**Breath Prayer** - The Apostle Paul exhorts us to "pray without ceasing" (1 Thessalonians 5:17). But how do we do that? One ancient prayer practice allows us the opportunity to make prayer a part of our daily life - the breath prayer. Developing a breath prayer is very easy. Ideally, your breath prayer should be 6-12 syllables. After you have chosen a breath prayer, make a goal to remain in God's abiding presence as you begin saying your prayer. Ponder the meaning and beauty of the words. Slowly say the first part of the prayer as you breathe in. Then slowly say the last part of the prayer as you exhale. There is no hurry or rush.

Choose a prayer sentence from the following examples:

- Lord, come to my assistance.
- God, make haste to help me.
- Lord Jesus, have mercy.
- Abide in my love.
- My God and my all.
- My Jesus, mercy.
- I belong to you, O Lord.
- Bless the Lord, my soul.
- Open my heart to your love.
- Lord, I give myself to you.
- My Lord and my God.

**Centering prayer** is a popular method of contemplative prayer or Christian meditation, placing a strong emphasis on interior silence. Though most authors trace its roots to the contemplative prayer of the Desert Fathers of early Christian monasticism, to the Lectio Divina tradition of Benedictine monasticism.

**Lectio Divina** – Read a passage in Scripture - Reflect on the passage, Pray on the passage, Act on passage in your life.