

OPENING PRAYER

**Come, O Holy Spirit,
fill the hearts of your faithful,
and enkindle in them the fire of your love.
Send forth your spirit and they shall be created.
And you shall renew the face of the earth.**

Let us pray:

**Fr. Pawel: O God, who taught the hearts of the
faithful by the light of the Holy Spirit,
grant that by the gift of the same spirit
we may be always truly wise
and ever rejoice in his consolation.
Through Christ our Lord. R. Amen.**



Feedback on Book Review

COMPOSITION OF PRAYERS

1. Understanding liturgical prayers

2. Constructing personal prayer

16th October 2023

Prayer as defined by the Catechism

CCC 2559

- “Prayer is the raising of one’s mind and heart to God or the requesting of good things from God”
- Humility is the foundation of prayer

(HUMILITY = the quality of not being proud because you are aware of your bad qualities)

- Only when we humbly acknowledge that “we do not know how to pray as we ought,” (Romans 8:26) we are ready to receive freely the gift of prayer
- “Man is a beggar before God.” (St Augustine)

Prayer as God's gift



Forms of Prayer

Devotional Prayer

vs.

Liturgical Prayer



Devotional prayer is a personal, more subjective type of prayer unique to each person.



Liturgical prayer is the official public worship of God by the Church as the Body of Christ.

Adaptable to individual needs and wants

Usually prayed alone or in small groups

Examples include the rosary, novenas, and *Lectio Divina*

Usually led by an ordained minister and done in community

More formal with prescribed structure, words, and rubrics

Examples include the Mass and the Liturgy of the Hours

Exploring Collect, Offertory & Communion Prayers of the Mass

COLLECT	PRAYER OVER THE OFFERINGS	PRAYER AFTER COMMUNION
<p>O God, who manifest your almighty power above all by pardoning and showing mercy, bestow, we pray, your grace abundantly upon us and make those hastening to attain your promises heirs to the treasures of heaven. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.</p>	<p>Grant us, O merciful God, that this our offering may find acceptance with you and that through it the wellspring of all blessing may be laid open before us.</p> <p>Through Christ our Lord.</p>	<p>Grant us, almighty God, that we may be refreshed and nourished by the Sacrament which we have received, so as to be transformed into what we consume.</p> <p>Through Christ our Lord.</p>

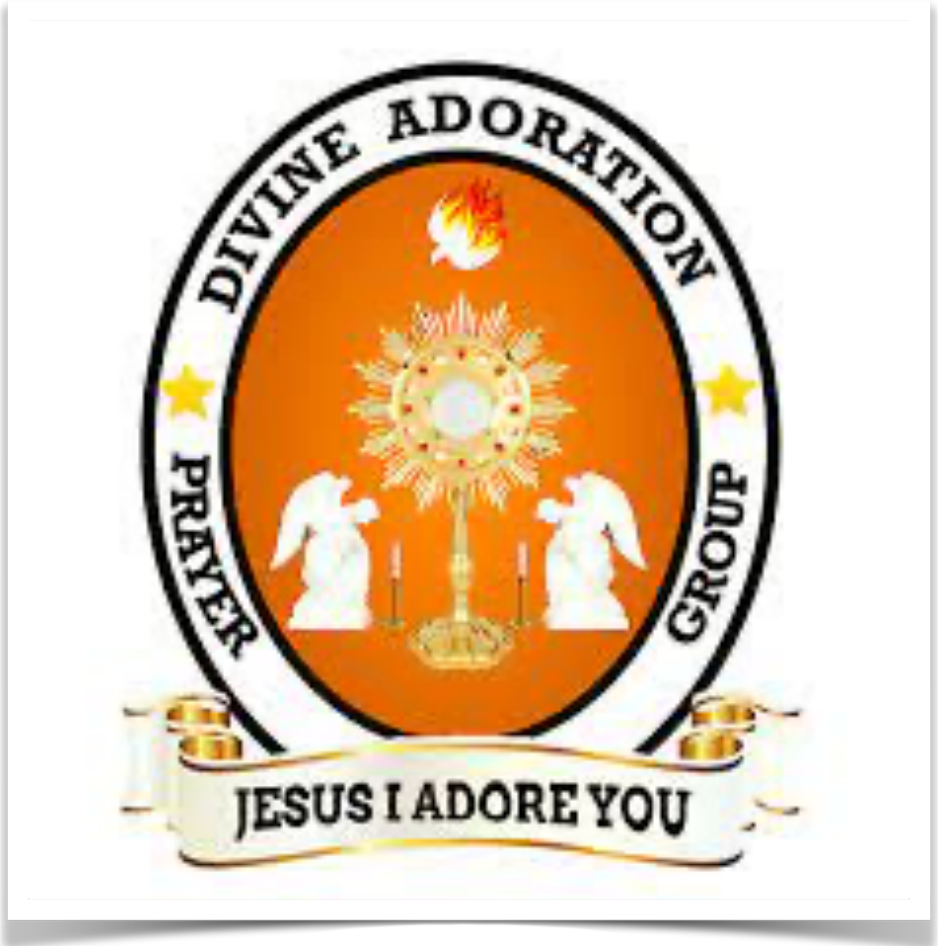
Psalms as liturgical prayers

- The Book of Psalms as part of the Old Testament.
- A few may date back to King David (1,000 BC).
- After the Babylonian exile (6th century BC) priests and scribes gathered hymns for use in worship in the Temple in Jerusalem.
- They express joy, thanksgiving and longing for God that human beings feel and problems they face.
- Psalms in *The Liturgy of the Hours*, form the official morning, daytime and evening prayer of the Church.

Exploring selected psalms as liturgical prayers

Psalm 23:1-4	Psalm 51:1-3	Psalm 103:1-4
<p>1 The Lord is my shepherd, I shall not want.</p> <p>2 He makes me lie down in green pastures; he leads me beside still waters;</p> <p>3 he restores my soul. He leads me in right paths for his name's sake.</p> <p>4 Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff— they comfort me.</p>	<p>1 Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.</p> <p>2 Wash me thoroughly from my iniquity, and cleanse me from my sin.</p> <p>3 For I know my transgressions, and my sin is ever before me.</p> <p>4 Against you, you alone, have I sinned, and done what is evil in your sight, so that you are justified in your sentence and blameless when you pass judgement.</p>	<p>1 Bless the Lord, O my soul, and all that is within me, bless his holy name.</p> <p>2 Bless the Lord, O my soul, and do not forget all his benefits—</p> <p>3 who forgives all your iniquity, who heals all your diseases,</p> <p>4 who redeems your life from the Pit, who crowns you with steadfast love and mercy,</p> <p>5 who satisfies you with good as long as you live so that your youth is renewed like the eagle's.</p>

P. A. S. T. A.



How to construct a personal prayer?

Type of prayer (PASTA)	Main intention	Addressee	Main body	Conclusion
PRAISE (ADORATION)	<ul style="list-style-type: none"> - My vocation after I'm confirmed - My Confirmation commitment - Sick parishioners/ family members 	Almighty/Merciful God Father in Heaven Lord Jesus Dear Jesus Saviour of the World		Gratitude Humility Trust
SORRY	<ul style="list-style-type: none"> - New vocations to the Priesthood - For the Pope 	(Most) powerful Spirit Spirit, the great Consoler		Hope
THANK	<ul style="list-style-type: none"> - My school community - My Parish - Your own family - Your personal needs 	Mother of God Holy Mary Dear/My Mother		Faith Love
ASK	<ul style="list-style-type: none"> - Suffering from violence/persecution/ poverty 	Saint ... My Guardian Angel		Service Your child