

ENCOUNTER

THE HEART OF PRAYER

Week 6

DISTRACTIONS, DRYNESS, & NEXT STEPS

Notes

Quotes From the Video

“The habitual difficulty in prayer is distraction. It can affect words and their meaning in vocal prayer; it can concern, more profoundly, him to whom we are praying.”

— *Catechism of the Catholic Church, no. 2729*

“To set about hunting down distractions would be to fall into their trap, when all that is necessary is to turn back to our heart: for a distraction reveals to us what we are attached to, and this humble awareness before the Lord should awaken our preferential love for him and lead us resolutely to offer him our heart to be purified. Therein lies the battle, the choice of which master to serve.”

— *Catechism of the Catholic Church, no. 2729*

“Finally, our battle has to confront what we experience as failure in prayer: discouragement during periods of dryness ... disappointment over not being heard according to our own will; wounded pride, stiffened by the indignity that is ours as sinners; our resistance to the idea that prayer is a free and unmerited gift; and so forth. The conclusion is always the same: what good does it do to pray? To overcome these obstacles, we must battle to gain humility, trust, and perseverance.”

— *Catechism of the Catholic Church, no. 2728*

Suggested Small Group Questions

- What was the core grace/blessing of the past 6 weeks?
- What is God calling you to in lieu of these past 6 weeks?
- What has been the core grace/blessing for you in your small group?
- As you look back on Week 1 of *Encounter*, what is it that you asked of God, and has God blessed you with an answer to that?

For Your Prayer - Week 6

Below is a Scripture passage for each day of the next week. The daily audio recordings prepared by Fr. Mark will be needed for at least one of the prayer exercises this week. You can find the recordings on our diocesan website under the video for this week's session: htdiocese.org/encounter.

Day 36 | Jesus Appears to His Mother
Listen to today's audio recording.

Day 37 | JOHN 20: 1-29
Jesus Appears to the Apostles in the Upper Room

Day 38 | LUKE 24: 13-35
The Road to Emmaus

Day 39 | JOHN 21: 1-19
"Peter, do you love me?"

Day 40 | MATTHEW 28: 16-20
"Go, therefore, and make disciples of all nations"

Day 41 | Re-read and pray with significant entries from your journal or notes from the past weeks. If you don't have notes, ponder and pray with significant moments with the LORD that you remember from the past weeks. (*There is no audio recording for today.*)

Day 42 | Re-read and pray with significant entries from your journal or notes. (*There is no audio recording for today.*)

Suggestions for Praying with the Scriptures

- Read the passage once to become familiar with the text.
- Slowly read the passage a second time.
- Very slowly read the passage a third time.
- Pay attention to which word, words, or phrases capture your attention or tug at your heart.
- Talk to God about what is on your heart... and listen.
- After you pray, journaling in some manner could be helpful. Simply jotting down a word, phrase, or sentence about one thing that stuck out to us from our prayer can help us as we look back on our those notes and remember how God has been speaking to us.