



O God, unto whom all **hearts** lie open, unto whom desire is eloquent and from whom no secret thing is hidden, purify the thoughts of my **heart** by the outpouring of your Spirit that I may love you with a perfect love and praise you as you deserve. Amen.
 – from the prologue to *The Cloud of Unknowing*

Origins of Prayer

*..a surge of the **heart**, it is a simple look towards heaven, it is a cry of recognition and of love embracing both trial and joy.* -St. Therese of Lisieux

*...the raising of one's mind and **heart** to God or the requesting of good things from God.*
 -St. John Damascene

*...nothing else but than a close sharing between friends; it means taking time frequently to be alone with him who loves us The important thing is not to think much but to love much and so do that which best stirs your **heart** to love.*
 -St Theresa of Avila

*You have made us for Yourself, O Lord, and our **hearts** are restless until they rest in Thee.*
 - St. Augustine

*Every authentic prayer is prompted by the Holy Spirit, who is mysteriously present in every human **heart**.* St. John Paul II, an address to Cardinals, December 1986

*According to Scripture, it is the **heart** that prays. If our **heart** is far from God, the words of prayer are in vain. The **heart** is the dwelling-place where I am my truest self. The **heart** is our hidden center, beyond the grasp of our reason and of others; only the Spirit of God can fathom the human heart and know it fully. The **heart** is the place of decision, deeper than our psychic drives. It is the place of encounter, because as **image of God** we live in relation: it is the **place of covenant**.* CCC 2562-

Conditions of Prayer

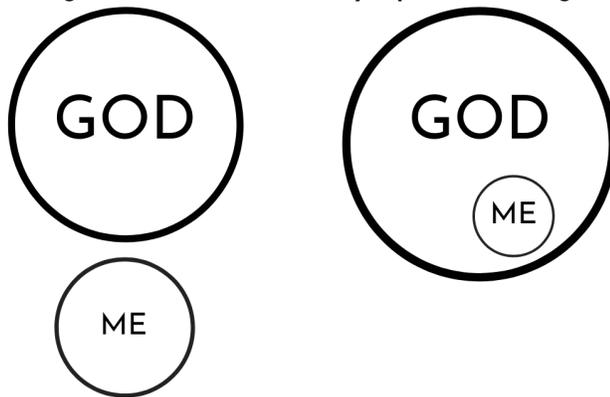
Attention

Showing up, Discipline, Perseverance

Intention:

Acceptance of God’s Invitation to be in deep, abiding Relationship.

Consent: Willingness to allow the Holy Spirit to change and transform us.



Expressions of Prayer

Vocal Prayer: Speaking from the "**Heart**"

Meditative Prayer: Listening with the "Ears of the **Heart**"

Contemplative Prayer: Resting in the "**Heart** of God"

Prayer Resources

- Books:
- Prayer** by Pope Benedict XVI
 - The Joy of the Gospel** by Pope Francis
 - Praying the Truth** by Fr. William Barry
 - The Holy Longing** by Fr. Richard Rolheiser

- Prayer Apps:
- Hallow**
 - 2000+ Catholic Prayers**, (Surgeworks, Inc).
 - Daily Readings USCCB**
 - Laudete**,: Catechism, Bibles, Prayers
 - Universalis**: Daily Readings, Missal, Liturgy of the Hours

- Bible App: **Catholic Study Bible** Ignatius-Augustine Institute Edition

Prayer is not a transaction that somehow pleases God but a transformation of the consciousness of the one doing the praying. Prayer is the awakening of an inner dialogue that, from God's side, has never ceased. This is why St. Paul could write of praying "always" (1 Thessalonians 5:17). Prayer is not changing God's mind about us or about anything else, but allowing God to change our mind about the reality right in front of us (which we usually avoid or distort).

When we put on a different mind, heaven takes care of itself. In fact, it begins now. Prayer is being present to God in the silence of our hearts until it silences us, choosing gratitude until we are grateful, and praising God until we ourselves are an act of praise.

Jesus tells his disciples, "Be awake. Be alert. You do not know when the Lord of the house is coming, whether in the evening, at midnight, at cock crow, or in the morning" (Mark 13:33-35). Jesus is not threatening, "You'd better do it right, or I'm going to get you." He's talking about the forever, eternal coming of Christ now . . . and now . . . and now. God's judgment is always redemption. Christ is *always* coming. God is *always* present. It's we who fall asleep.

Be ready. Be present to God in the here and now, the ordinary, the interruptions. Being fully present to the soul of all things will allow you to say, "This is good. This is enough. God is with me right now." We are practicing for heaven. We can experience a foretaste of our heavenly destiny, the Divine Presence in every moment.

-Deacon Paul.

