

<sup>37</sup> Pilate asked him, "So you are a king?" Jesus answered, "You say that I am a king. For this I was born, and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice."<sup>38</sup> Pilate asked him, "What is truth?" – Jn 18:37-38

**What is the nature of truth?**

Reality is what is, that which exists actually and independently of our minds. **Truth is a statement that corresponds to reality, not of opinion.**

The search for God is the search for truth, the Ultimate Truth: the truth about man, about existence, about the meaning of life and of our destiny after mortal life has ended. To search for truth, one must presuppose that there is a truth to be found. Catholic Theology has always upheld that truth is an objective reality knowable to human reason. Divine Truths can be known by reason aided by Revelation.

**Objective Truth v. Subjective Truth**

**Objective Truth** is objectively true for all cultures, times, peoples even if they do not recognize it to be true. The truth is based on the object being observed and not the subject making the assessment. Humans need food and water to survive. Murder takes the life of a human.

**Subjective Truth** is true for the subject making the claim, even though it may not be true for others. It is so hot in here. I think it feels fine. That homily was awful. I thought it was sufficient. While feelings and emotions can provide insight, they may not always be trusted as objectively true.

Objective Elements of Faith	Subjective Elements of Faith
1. Head	1. Heart - Feelings
2. Doctrine	2. Personal Relationship - Prayer
3. Understanding the Faith	3. Living the Faith

Truths cannot contradict themselves because they come from the same source. God. As Catholics we should seek to provide objective truth in a way that appeals to their subjective experiences.

**Relativism:** the doctrine that knowledge, truth, and morality exist in relation to culture, society, or historical context, and is always not absolute under all circumstances. There are no universal truths, it may have been true in another historical context but not today. Some common relativist statements.

- That may be true to you, but it's not true for me.
- You have your truth and I have my truth.
- The truth is within you.
- Just because something is right for you doesn't mean it's right for me.
- Don't push your beliefs on me; everybody needs to find their own truth about God.

**The God who is Truth**

"The sum of your word is truth; and everyone of your righteous ordinances endures forever."  
Psalm 119:160

The Old Testament attests that God is the source of all truth. His word is truth. His law is truth. His faithfulness endures to all generations. Since God is true, the members of His people are called to live in truth. – CCC 2465

### Prayer

Sanctity without Prayer? I don't believe in such sanctity. –St Jose Maria Escriva (The Way 107)

Prayer is the raising of one's mind and heart to God, or the petition of good things from him in accord with his will. It is always the gift of God who comes to encounter man. Christian prayer is the personal and living relationship of the children of God with their Father who is infinitely good, with his Son, Jesus Christ, and with the Holy Spirit who dwells in their hearts. (Compendium of the Catechism of the Catholic Church. #534.)

### Is Prayer necessary for Every Christian?

Luke 5:16 "Jesus would withdraw to deserted places to pray.

Luke 6:12 Jesus departed to the mountain to pray and spent the whole night in prayer to God."

Luke 9:28-29 Jesus took Peter, John and James up the mountain to pray. While he was praying his face changed in appearance and his clothes became dazzling white.

Luke 22:32 Jesus prayed that Peter' faith would not fail.

Luke 22:39 Jesus knelt and prayed in the Garden of Gethsemane.

Prayer and *Christian life* are *inseparable*, for they concern the same love and the same renunciation, proceeding from love; the same filial and loving conformity with the Father's plan of love; the same transforming union in the Holy Spirit who conforms us more and more to Christ Jesus; the same love for all men, the love with which Jesus has loved us. (CCC 2745)

### Types of Prayer

**Adoration** – Glorify and adore God who made us and offers us blessings.

**Repentance or Contrition** – True sorrow for our sins, seeking forgiveness

**Petition** – Asking, imploring, pleading with God demonstrating our dependence on God.

**Intercession** – Prayer on behalf of others

**Thanksgiving** – Thanking God for the gifts he bestowed, both joys and sorrows. The Celebration of the Eucharist is the highest form of Prayer.

**Praise** – Praise is the form of prayer which recognizes most immediately that God is God. It lauds God for his own sake and gives him glory, quite beyond what he does, but simply because HE IS. It shares in the blessed happiness of the pure of heart who love God in faith before seeing him in glory. CCC 2639

### Expression of Prayer -

**Vocal Prayer** – Through his Word, God speaks to man. By words, mental or vocal, our prayer takes flesh. Yet it is most important that the heart should be present to him to whom we are speaking in prayer: "Whether or not our prayer is heard depends not on the number of words, but on the fervor of our souls. (CCC 2700)

**Meditation** - Meditation is above all a quest. The mind seeks to understand the why and how of the Christian life, in order to adhere and respond to what the Lord is asking. The required attentiveness is difficult to sustain. We are usually helped by books, and Christians do not want for them: the Sacred Scriptures, particularly the Gospels, holy icons, liturgical texts of the day or season, writings of the spiritual fathers, works of spirituality, the great book of creation, and that of history the page on which the "today" of God is written. (CCC 2705)

**Contemplative** - Contemplative prayer is the simple expression of the mystery of prayer. It is a gaze of faith fixed on Jesus, an attentiveness to the Word of God, a silent love. It achieves real union with the prayer of Christ to the extent that it makes us share in his mystery. (CCC 2724)

### Forms of Prayer

**Spontaneous Prayer** – Prayer in the moment

**Formal Prayer** – Our Father, Hail Mary, Creeds, St. Michael Prayer

**Sung Prayer** – Singing psalms, hymns, spiritual songs in your hearts to God. (Colossians 3:16)

**Meditation** – Lectio Divina, Meditating on Sacred Art, Meditation on Mysteries of the Rosary

**Short Prayer Surges (Ejaculations)** – Lord have Mercy! Praise the Lord. Thank you, Lord.

**Tongues** – prayers from deep within

**Liturgical Prayer** – Mass, Liturgy of the Hours

**Fasting and Penance** – Mortifications or abstaining with God in mind. Doing without

**Devotional Prayer** – Rosary, Divine Mercy Chaplets, Novenas, Litanies, Stations of the Cross

Prayer presupposes an effort, a fight against ourselves and the wiles of the Tempter. The battle of prayer is inseparable from the necessary "spiritual battle" to act habitually according to the Spirit of Christ: we pray as we live, because we live as we pray. CCC 2752

- Lack of Time
- Distractions
- Dryness – prayer without the feeling of consolations
- Acedia – Spiritual Laziness

Prayer requires humility, trust, and perseverance in order to battle temptations that cast doubt on the usefulness or even the possibility of prayer

### Fruits of Prayer

- Growth in Spiritual Life.
- A Sense of Divine Filiation
- Friendship with Christ
- Docility to the Holy Spirit

The Christian Prayer is never a monologue. – St. Jose Maria Escriva (The Way 114)

Why do you Pray? When do you Pray? How do you Pray?

How did Christ provide us with a model for a life of prayer?

What are some battles or obstacles to prayer? How can you improve and overcome these obstacles?

Are there suitable times that may make it more conducive for prayer?

What type of fruits have you encountered when you pray regularly?

What are some objective truths that non-believers may seek to discredit as only beliefs that some may consider but is not for everyone?

