

PRAYER & LEADING PRAYER

Preview Sheet



PRIMARY TOPICS OF DISCUSSION:

- The Christian tradition comprises of three major expressions of prayer: vocal, meditation, and contemplation. (CCC 2721)
- These three expressions of prayer correspond with the Anthropology of the Heart as laid out by the Institute of Priestly Formation.
- The Holy Spirit and His role in our prayer.
- Prayer Practicals: How to teach prayer to our ministry leaders/volunteers.

“In it [contemplative prayer] the Father strengthens our inner beings with power through his Spirit ‘that Christ may dwell in our hearts through faith’ and we may be ‘grounded in love.’” (CCC 2714)

“Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts.” (St. Teresa of Calcutta)



QUESTIONS TO REFLECT ON:

- What role does prayer play in my life? What role does prayer play in my ministry work?
- Have there been any powerful prayer experiences in my own life that have had a deep impact on my relationship with Christ? What made that experience so powerful for me?
- Do I prioritize prayer in my daily life? What do I find helpful when it comes to finding time to pray each day? What can make that challenging?