

About the Mission Speaker: "It is the Lord!" (Jn 21:7)

- The **Holy Spirit** is the One speaking to you. Fr. Scott is just an instrument of His compassion.

Purpose of this Mission: To help you get MORE from **Prayer, Mass, and Confession**

- It is not about spending more time in prayer, going to more Masses, or going to confession more
- The **MORE** is the Ignatian *magis* ("For God's Greater Glory")
- The more means **magnifying the quality of your prayer with God** (a hundredfold!)
- Implies that you already have some sort of prayer time in your day...100 x 0 is still 0!

"How often we come to church with no idea of what to do or what to ask for. And yet, whenever we go to any human being, we know well enough why we go. And still worse, there are some who seem to speak to the good God like this: "I will only say a couple of things to you, and then I will be rid of you." I often think that when we come to adore the Lord, we would receive everything we ask for, if we would ask with living faith and with a pure heart." - St. John Vianney, *Catechetical Instructions* (cf. August 4 Office of Readings)

PRAYER: A Dialogue & Union

"*Prayer is by nature a dialogue and a union of man with God...*"

St. John Climacus, *The Ladder of Divine Ascent*

The Dialogue of Prayer:

- Prayer is a **conversation** with God
- Christian prayer brings us into the heart of the **dialogue between Father, Son, & Spirit**
- Jesus teaches us how to pray by being in **constant communication with His Father**
- Prayer requires **silence**, which is not the lack of conversation, but what makes conversation possible

The Union of Prayer

- The effect of prayer is **communion** with God
- As **trust deepens** between you and the Lord, your intimate sharing expands
- Prayer is the **safest, most intimate place of encounter** between lover & beloved

PREPARE for Prayer:

- **Distractions.** Turn off all electronics. Go to the bathroom. Eat. Quench thirst. Remove any obstacles
- **Location.** Find a place with few distractions. This may be a specified room at home or at church
- **Routine.** Begin and end prayer with your usual method. Commit to the *length* of your prayer period
- **Transition.** Settle gently into prayer by calling to mind God's presence & desire to be with you

The SUBSTANCE of Prayer:

- The movements of your heart (**Thoughts, Feelings, Desires**) are the 'stuff' of prayer.
- Thoughts, feelings, & desires are morally **NEUTRAL**. What we do with them can be either good or evil. They could be promptings from the Lord, impulses of our own fallen nature, or temptations from the enemy
- Bringing these movements to prayer is called **discernment**: where are they from, & what do I do?
- **Communicate** your substantial thoughts, feelings, & desires to God
 - The point is **not to judge yourself** based on your thoughts, feelings, & desires (some of them may be embarrassing to name because they come directly from the evil one or an old wound)
 - The point is **to share them** in that safe & intimate place of prayerful encounter and let God decide with you how to handle it
- Pay attention to how you are moved within prayer. God's communication is supremely healing of the wounds and burdens we bring before Him.

Note: *Prayer* is a dialogue with God. '*Prayers*' are the **methods** or vehicles of that dialogue: Words, prayers (Hail Mary, Our Father, Jesus Prayer), novenas, adoration, Scripture, Examen, etc.

"In your prayers there is no need for high-flown words, for it is the simple and unsophisticated babbling of children that have more often won the heart of the Father in heaven..."

St. John Climacus, *The Ladder of Divine Ascent*

When you want to pray, ARRR!!!!

- **ARRR** is an acronym meaning Acknowledge, Relate, Receive, Respond
 - It aims at being **honest** and **consistent** in our prayer before the Lord
 - Spend your prayer time (10 - 60 minutes) ARRR'ing the **movements of your heart** with the Lord
 - ARRR becomes more **natural** the more you use it
 - ARRR is **versatile** with many types of prayers (rosary, adoration, Mass, Scripture)
 - Remember to **transition** into prayer

Transition - Before jumping into prayer, be sure to transition yourself from your prior activity into prayerful dialogue. Consider God and how He looks at you: "the look of God is love and the pouring out of gifts" (St. John of the Cross). Become aware that God looks at you with much joy, as a beloved whom He greatly desires to gift with His blessings. He wants to spend this time with you!

Acknowledge - be aware of your thoughts, feelings, and desires. What is moving in your heart? What's on your mind? How do you feel? What do you desire? Don't judge yourself. Just note the strongest inclinations on your mind, heart, and will.

Relate - tell Jesus everything. You have acknowledged what is stirring within you: the good and the bad, the trivial and the important, the lovable and the shameful. Now relate it to Jesus. Share it with the Father. Offer it to the Holy Spirit. Bring it to Mary & the saints so they can bring it to God with you.

Receive - God loves you. Right now, in this moment. After relating to Him the strong movements of your heart, be open to receive His loving response. He may give you new insight into your life in Christ, a mercy that offers you a fresh start, a new thought that consoles you, a grace to strengthen you, a new desire to delight you. Cherish His gift.

Respond - charity is the mark of true prayer, an expansion of self. You may be prompted toward gratitude, a new resolve to live in peace, a desire to offer forgiveness, or to generously assist someone by word, deed, or prayer. Respond to his gifts you have received by living them.

Some Prayers to ARRR with (check one box that you would like to use in your prayer):

- Ignatian Examen Prayer** (take 10-15 minutes in the afternoon or evening to review day)
 1. Grace - ask for a grace or strength during this prayer time and beyond
 2. Gratitude - acknowledge what you are grateful for (gratitude softens the heart)
 3. Account - review & relate your day to God (what are your areas of growth?)
 4. Forgiveness - ask for & receive God's mercy for any failings (God may prompt confession)
 5. Resolution - respond in some concrete way to God calling you to continuing conversion
- Lectio Divina** (spend a half hour with a Scripture reading - use a Sunday Mass reading)
 1. Read - just read the Scripture text (don't analyze or judge yourself against it)
 2. Meditate - acknowledge to yourself what the Scripture says to you today
 3. Pray - relate your emotions, memories, and heart movements to the Lord
 4. Contemplate - receive God's message & call for you today
 5. Act - respond by allowing God's Word to become Flesh in you through an act of compassion
- Adoration** (ARRR before the Eucharist)
- Rosary** (ARRR with the prayers & mysteries of the rosary throughout your day)
 - Don't worry about 'finishing' the rosary...just pray it in free moments
 - If a word, phrase, or mystery jumps out at you, rest with it...God is giving you something here
- Other** (what other method of prayer will you use): _____

My commitment to get MORE out of prayer:

"This Lent and beyond, I will pray in conversation (ARRR) with my Lord who loves me using one of the above prayers every day at (time of day) _____ for (duration) _____.

I will strive to be as patient and generous with myself as God is with me as I learn to pray in this way.