

a lesson on types of Christian prayer:



Lex orandi, Lex credendi, Lex vivendi: The Law of what we pray is the Law of what we believe and the Law of how we live.

### **1. vocal prayer**

Catechism of the Catholic Church 2700-2704  
in words, silent or spoken, alone or in liturgy

2700 - "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." [St. John Chrysostom]"

### **2. meditative prayer**

Catechism of the Catholic Church 2705-2708  
in thought, imagination, emotion & desire to GOD

2705 - "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."

### **3. contemplative prayer**

Catechism of the Catholic Church 2709-2719  
in one's inner self focused in love on CHRIST

2709 - "What is contemplative prayer? St. Teresa [of JESUS] answers: "Contemplative prayer [oracion mental] in my opinion is nothing else than a close sharing between friends; it means taking time frequently to be alone with Him Who we know loves us." [St. Teresa of JESUS] Contemplative prayer seeks Him "Whom my soul loves." [SONG of SOLOMON 1:7]

It is JESUS, and in Him, The Father. We seek Him, because to desire Him is always the beginning of love, and we seek Him in that pure faith which causes us to be born of Him and to live in Him. In this inner prayer we can still meditate, but our attention is fixed on The Lord himself."

### **ISAIAH 53:5**

[Did our Lord contemplate These Words in the Garden?]  
But He was wounded for our transgressions, He was bruised for our iniquities: the chastisement of our peace was upon Him; and with His stripes we are healed.

### **LUKE 22:39-46**

[JESUS' prayer @ Gethsemane - the start of His Passion]  
39 And He came out, and went, as He was wont, to the mount of Olives; and His disciples also followed Him.  
40 And when He was at the place, He said unto them, Pray that ye enter not into temptation.  
41 And He was withdrawn from them about a stone's cast, and kneeled down, and prayed,  
42 Saying, Father, if Thou be willing, remove this cup from me:

nevertheless not My will, but Thine, be done.

43 And there appeared an angel unto Him from Heaven, strengthening Him.

44 And being in an agony He prayed more earnestly: and His sweat was as it were great drops of Blood falling down to the ground.

45 And when He rose up from prayer, and was come to His disciples, He found them sleeping for sorrow,

46 And said unto them, Why sleep ye? rise and pray, lest ye enter into temptation.

47 And while He yet spake, behold a multitude, and he that was called Judas, one of the twelve, went before them, and drew near unto JESUS to kiss Him.

### **Pope Francis on prayer in times of anxiety:**

We may seem “at the mercy of unrelenting waves of anxiety with no safe harbor in sight... At times we risk losing sight of the most important thing: that JESUS is there, and He shares with His Own all that is happening, even if He... seems out of sight.

This is something that surprises us, but also tests our faith. The Lord is always there and waits for us to engage Him, to invoke Him, to put Him at the centre of what we are experiencing; and we must not only believe in GOD, but be present to Him and even raise our voice with Him, cry out to Him.” [1]

### **Archbishop Viganò on prayer in times of affliction:**

“O Virgin Mary, Who many times hast manifested Thy Presence at the side of Christian armies, place Thyself at the head of the army of the children of Light, who are armed with Thy Holy Rosary.

Let the prayer we address to Thee rise up like incense, and as our Mediatrix present it before The Most Holy Trinity, so that, resolved to observe The Commandments and to repent of our sins, we may attain The Peace and Harmony that Thou, O Queen of Peace, can alone obtain for us from The Most High GOD.” [2]

### **Questions:**

What forms of prayer can we see in JESUS praying in the garden at

Gethsemane, the beginning of His Passion? In these words of Pope Francis and Archbishop Viganò?

Consider how we talk and listen to GOD - in hymns; in The Holy Mass; in Adoration; in Holy Scripture; in The Sacraments; in Good Works; in the saints; in a Holy Icon; in a Crucifix; in The Rosary; in gifts of life, family and love; in the beauty of creation.

How do we combine vocal, meditative and contemplative prayer when we talk to, and listen to, GOD?

***references***

[1] “Pope at Angelus: Have faith and never tire seeking The Lord.” Pope Francis. Vatican News. 6/20/2021, paragraph 1.

<https://www.vaticannews.va/en/pope/news/2021-06/pope-at-angelus-have-faith-and-never-tire-seeking-the-lord.html>

[2] “BREAKING: Archbishop Viganò Composes Prayer for America in Time of Struggle.” Archbishop Carlo Maria Viganò. Catholic Family News. 11/13/2020, paragraph 4.

<https://catholicfamilynews.com/wp-content/uploads/2020/11/Abp.-Vigano-Message-and-Prayer-11.13.2020.pdf?189db0&189db0>