

Prayer – talking to, listening to, and awareness of GOD – sharing # 1

WHAT IS PRAYER? [Catechism of The Catholic Church]

“For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.”¹

Prayer as GOD's gift

2559 "Prayer is the raising of one's mind and heart to GOD or the requesting of good things from GOD."² But when we pray, do we speak from the height of our pride and will, or "out of the depths" of a humble and contrite heart?³ He who humbles himself will be exalted;⁴ *humility* is the foundation of prayer, Only when we humbly acknowledge that "we do not know how to pray as we ought,"⁵ are we ready to receive freely the gift of prayer. "Man is a beggar before GOD."⁶

1 Saint Thérèse of Lisieux, *Manuscrits autobiographiques*, C 25r.

2 Saint John Damascene, *Defide orth.* 3,24:PG 94,1089C.

3 PSALM 130:1.

4 LUKE 18:9-14.

5 ROMANS 8:26.

6 Saint Augustine, *Sermo* 56,6,9:PL 38,381.

MATTHEW 6:7-15

7 But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.

8 Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask Him.

9 After this manner therefore pray ye: Our Father Which art in Heaven, Hallowed be Thy Name.

10 Thy Kingdom come, Thy will be done in earth, as it is in Heaven.

11 Give us this day our daily bread.

12 And forgive us our debts, as we forgive our debtors.

13 And lead us not into temptation, but deliver us from evil: For thine is The Kingdom, and The Power, and The Glory, for ever. Amen.

14 For if ye forgive men their trespasses, your heavenly Father will also forgive you:

15 But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

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“A.C.T.S.”¹ – a way of awareness in prayer with GOD

A - adoration – LUKE 11:1-2 – give glory to The Lord

1 And it came to pass, that, as He was praying in a certain place, when He ceased, one of His disciples said unto Him, Lord, teach us to pray, as John also taught his disciples.

2 And He said unto them, When ye pray, say, Our Father, Which art in Heaven, Hallowed be Thy Name. Thy Kingdom come. Thy will be done, as in Heaven, so in earth.

C – contrition – I JOHN 1:7-9 – sorrow for our sins before The Lord

7 But if we walk in The Light, as He is in The Light, we have fellowship one with another, and The Blood of JESUS CHRIST His Son cleanseth us from all sin.

8 If we say that we have no sin, we deceive ourselves, and The Truth is not in us.

9 If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

T – thanksgiving – PSALM 100:4-5 – rejoicing in the gifts of The Lord

4 Enter into His gates with thanksgiving, and into His courts with praise: be thankful unto Him, and bless His Name.

5 For The LORD is good; His Mercy is everlasting; and His Truth endureth to all generations.

S – supplication – LUKE 11:3-4 – offer up needs to The Lord

3 Give us day by day our daily bread.

4 And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil.

In our prayers, as in The Our Father ~ alone, with family and friends; silently or aloud, in peace or strife; in life or death; at home or work; in nature or Church, in The Holy Mass, in The Sacraments; in prayerfully reading Holy Scripture or in The Rosary: ***How are we aware we of our adoration, contrition, thanksgiving and supplications in talking to GOD?***

¹ “A Simple Acrostic for Prayer: A.C.T.S.” R. S. Sproul. Ligonier Ministries. 6/25/2018. <https://www.ligonier.org/blog/simple-acrostic-prayer/>