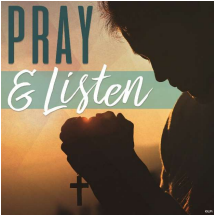




St. Mary's of the Lake, Watkins Glen, NY
St. Benedict's, Odessa, NY

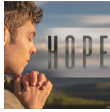



**Giving Our Hearts to God:
What It Means to Pray, Part I**
Fr. Jeffrey S. Tunnichiff
October 28, 2021

1




**Giving Our Hearts to God:
What It Means to Pray, Part I**




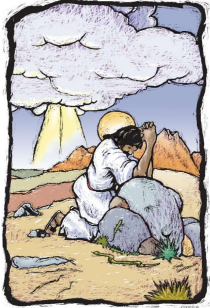
Webinar Tips

- All participants are muted to reduce background noise
- If slides are not fully visible, check at the top center of your screen for "fit to window" under arrow.
- If you would like to ask a question, at the bottom of your screen you should see a box with the letters "Q & A". Click it and you can type your question. It will show on my screen.
- In addition to the slides, you should see a video of me. It should appear in the upper right of your screen. It should not block any significant content on the slides. If it does, you can drag it around.

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**Giving Our Hearts to God:
What It Means to Pray, Part I**






Opening Prayer

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**Giving Our Hearts to God:
What It Means to Pray, Part I**





Why Pray?

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**Giving Our Hearts to God:
What It Means to Pray, Part I**



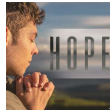
Why Pray?

Perhaps the most common reason why people pray is because they want something. After all, Jesus says, “ask and you will receive” (Luke 11:9).

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What It Means to Pray, Part I**




Why Pray?

- Because we are in a battle against evil. We need help that comes from God (Revelation 12).

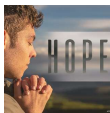


St. Michael the Archangel,
defend us in battle.
*Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, **by the power of God,** thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.*

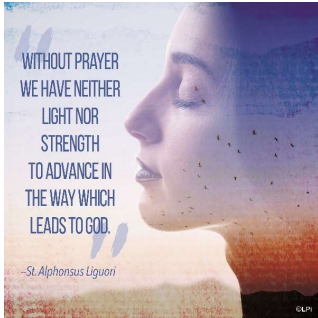
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What It Means to Pray, Part I**




Why Pray?

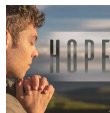


WITHOUT PRAYER
WE HAVE NEITHER
LIGHT NOR
STRENGTH
TO ADVANCE IN
THE WAY WHICH
LEADS TO GOD.
—St. Alphonsus Liguori

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**Giving Our Hearts to God:
What It Means to Pray, Part I**



Why Pray?

Pope Francis said, “Prayer is **not** a magic wand,” he said. “It is a **dialogue** with the Lord. Indeed, when we pray, we can give in to the risk of not being the ones to serve God, but of **expecting him to serve us**” (Carol Glantz, “Darkness does not mean devil has won, pope says at audience.” Catholic News Service. May 26, 2021.).

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Why Pray?

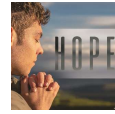


PREPARE THE WAY FOR CHRIST

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**Giving Our Hearts to God:
What It Means to Pray, Part I**




What is the Purpose of This Series?

- This series is not meant to change **how** you pray. It might, but that is not my purpose.
- My goal is to help you pray **with meaning and depth**.

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**Giving Our Hearts to God:
What It Means to Pray, Part I**




What Do We Seek in Prayer?

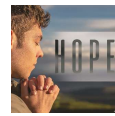
Prayer is not just a matter of saying **enough** words or the **right** words. Think of the two men who prayed in the temple (Luke 18:9-14), one was a sinner, one was not. Whose prayer was answered?

- *“The Pharisee took up his position and spoke this prayer **to himself**, ‘O God, I thank you that I am not like the rest of humanity—greedy, dishonest, adulterous—or even like this tax collector. I fast twice a week, and I pay tithes on my whole income.’” (Luke 18:11-12, my emphasis).*
- *“But the tax collector stood off at a distance and would not even raise his eyes to heaven but beat his breast and prayed, ‘O God, be merciful to me a sinner.’” (Luke 18:13).*

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**Giving Our Hearts to God:
What It Means to Pray, Part I**




Prayer is Not Just Asking For Something

**Lex Orandi,
Lex Credendi**

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**Giving Our Hearts to God:
What It Means to Pray, Part I**




What Prayer Is

- “Definitions of prayer are important, but insufficient”
(United States Catholic Catechism for Adults, 463).
- St. Augustine
 - “Our hearts are restless until they rest in you.”
 - “True Prayer is nothing but love.”

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**Giving Our Hearts to God:
What It Means to Pray, Part I**




Quantity vs. Quality


- If I just say enough....rosaries... I will get what I want.
- If I just pray harder... I will get what I want.

The Lord is my shepherd, I shall not want (Psalm 23).

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**Giving Our Hearts to God:
What It Means to Pray, Part I**




Quantity vs. Quality cont'd


Prayer can be:

- To conform our will to God's, not his to ours
- To discover what it is that God wants us to do
- For strength through a suffering, not just an end to it

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**Giving Our Hearts to God:
What It Means to Pray, Part I**



Quantity vs. Quality cont'd

- In I Thessalonians 5:17, Paul calls us to “pray without ceasing”
- Can we truly pray without ceasing?
- This might seem impossible, so we don't even try.
- "But we cannot pray "at all times" if we do not pray at specific times, consciously willing it“ (Catechism of the Catholic Church, 2697).

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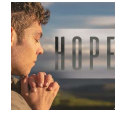



**Giving Our Hearts to God:
What It Means to Pray, Part I**

Quantity vs. Quality cont'd

- Pray without ceasing cont'd
 - Liturgy of the Hours
 - The Parable of the Persistent Widow (Luke 18:1-8)
 - Yes, she was persistent and got what she asked for. What did she ask for?
 - “Render a **just** decision for me” (Luke 18:3b, my emphasis)

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**Giving Our Hearts to God:
What It Means to Pray, Part I**

St. “Mother Teresa” on Our Need for Prayer

Angelo Comastri, Archbishop of Loreto recalls a conversation with Mother Teresa

“She looked at me with two clear and piercing eyes. Then she asked me: «How many hours do you pray a day?» I was surprised by such a question and tried to defend myself by saying: «Mother, I expected you to speak about charity, to invite me to love the poor more. Why do you ask me how many hours I pray?» Mother Teresa took my hands and held them tightly in her own as if she wanted to pass on to me what she had in her heart; then she told me in confidence: «My child, without God we are too poor to be able to help the poor! Remember: I am only a poor woman who prays. **When I pray, God puts His Love into my heart and so I can love the poor**” (“Mother Teresa of Calcutta”)

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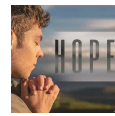



**Giving Our Hearts to God:
What It Means to Pray, Part I**

What Prayer Is?

- Dialogue
 - “Di” - “two”
 - Prayer should be a conversation with God.
 - Do you do all the talking or do you listen?

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**Giving Our Hearts to God:
What It Means to Pray, Part I**

What Prayer Is?

- Psalm 95 “If today you hear his voice, harden not your hearts.”

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**Giving Our Hearts to God:
What It Means to Pray, Part I**


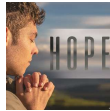
What Prayer Is?

Do we listen?

“May the Lord Jesus, who made the deaf **to hear** and the mute **to speak**, grant that you may soon receive his word with your ears and profess the faith with your lips, to the glory and praise of God the Father. Amen”

(Order of Baptism of Children, paragraph 101, my emphasis).

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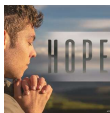



**Giving Our Hearts to God:
What It Means to Pray, Part I**

What Prayer Is?

- True prayer seeks a **relationship** with God
- Not just any relationship, a good relationship

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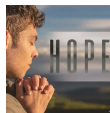



**Giving Our Hearts to God:
What It Means to Pray, Part I**

The Meaning Behind the Words

Prayer can involve saying the words of prayers that we have memorized. However, good prayer is not just about saying the words. We need to reflect on what they mean.

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**Giving Our Hearts to God:
What It Means to Pray, Part I**

The Lord's Prayer

Matthew 6:9-13, Luke 11:2-4

At Mass the priest introduces the Lord's Prayer with the words, "At the Savior's command and formed by divine teaching, **we dare to say.**"

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**Giving Our Hearts to God:
What It Means to Pray, Part I**


The Lord's Prayer

Matthew 6:9-13, Luke 11:2-4

"St. Augustine wrote seven commentaries on the Our Father. So moved was he by its depth that he wrote, "Run through all the words of holy prayers [in Scripture], and I do not think you will find anything in them that is not contained in the Lord's Prayer" (*Letter*, 130, 12, 22)" (*United States Catholic Catechism for Adults*, 483).



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What It Means to Pray, Part I**


The Lord's Prayer

Catechism of the Catholic Church, 2759-2865

- Seven parts
 - Hallowed be thy name (2807-2815)
 - Thy kingdom come (2816-2821)
 - ***Thy will be done*** on earth as it is in heaven (2822-2827)
 - Give us this day our daily bread (2828-2837)
 - And forgive us our trespasses as we forgive those who trespass against us (2838-2845)
 - And lead us not into temptation (2846-2849)
 - But deliver us from evil (2850-2854)




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**Giving Our Hearts to God:
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Serenity Prayer by Reinhold Niebuhr

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference."
Living one day at a time,
enjoying one moment at a time;
accepting hardship as a pathway to peace;
taking, as Jesus did,
this sinful world as it is,
not as I would have it;
trusting that You will make all things right
if I surrender to Your will;
so that I may be reasonably happy in this life
and supremely happy with You forever in the next.
Amen.



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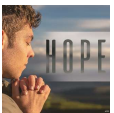
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What It Means to Pray, Part I**

The Prayer of St. Francis


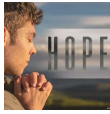
Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

***O divine Master, grant that I may not so much seek
to be consoled as to console,***
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.




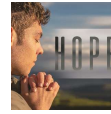
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**Giving Our Hearts to God:
What It Means to Pray, Part I**

Charles de Foucauld's Prayer of Abandonment
 Father, I abandon myself into your hands; do with me what you will. Whatever you may do, I thank you: ***I am ready for all, I accept all.*** Let only your will be done in me, and in all your creatures— I wish no more than this, O Lord. ***Into your hands I commend my soul;*** I offer it to you with all the love of my heart, for I love you, Lord, and so need to give myself, to surrender myself into your hands without reserve, and with boundless confidence, for you are my Father.

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**Giving Our Hearts to God:
What It Means to Pray, Part I**

God in Power, God in Silence

“There he came to a cave, where he took shelter. Then the LORD said: Go out and stand on the mountain before the LORD; the LORD will pass by. There was a strong and violent wind rending the mountains and crushing rocks before the LORD—but the LORD was not in the wind; after the wind, an earthquake—but the LORD was not in the earthquake; after the earthquake, fire—but the LORD was not in the fire; after the fire, a light silent sound.” (1 Kings 19:9a, 11-13a).

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**Giving Our Hearts to God:
What It Means to Pray, Part I**

God in Power, God in Silence

OUR WORLD HAS BEEN FILLED WITH NOISE... IT IS TIME TO ENTER INTO THE CLASSROOM OF SILENCE.

[GOD] CANNOT BE FOUND IN NOISE AND RESTLESSNESS. GOD IS THE FRIEND OF SILENCE.

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**Giving Our Hearts to God:
What It Means to Pray, Part I**

My Blog Articles on Prayers

- “The Serenity Prayer” (10/20/20) at <http://blog.renewaloffaith.org/blog/?p=5115>
- “Reflecting on the Prayer of St. Francis” (10/6/20) at <http://blog.renewaloffaith.org/blog/?p=5017>
- See my blog article, “Charles de Foucauld’s Prayer of Abandonment” (6/18/21) at <http://blog.renewaloffaith.org/blog/?p=6509>
- “Silence, How Much and When” (4/27/20) at <http://blog.renewaloffaith.org/blog/?p=3648>

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**Giving Our Hearts to God:
What It Means to Pray, Part I**


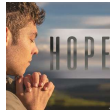
Future Schedule

- November 18th
- December 2nd

- When you exit this webinar a short evaluation questionnaire should come up to invite your feedback.

- The slides for this presentation will be available online at www.renewaloffaith.org/prayer2021.

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**Giving Our Hearts to God:
What It Means to Pray, Part I**

Resources

Catechism of the Catholic Church. Second Edition. Libreria Editrice Vaticana, 1997.

Comastri, Angelo, Archbishop of Loreto and President of the National Committee for the Great Jubilee of the Year 2000, "Mother Teresa of Calcutta," Accessed on Vatican website at https://www.vatican.va/jubilee_2000/magazine/documents/ju_mag_01091997_p-18_en.html.

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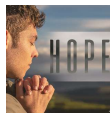



**Giving Our Hearts to God:
What It Means to Pray, Part I**

Resources

Glantz, Carol, "Darkness does not mean devil has won, pope says at audience." Catholic News Service. May 26, 2021. Available online at https://catholiccourier.com/articles/darkness-does-not-mean-devil-has-won-pope-says-at-audience?utm_source=Reflections%202021-05-29&utm_medium=email&utm_campaign=Prayer%20is%20not%20a%20magic%20wand.

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**Giving Our Hearts to God:
What It Means to Pray, Part I**

Resources

St. Joseph Edition of The New American Bible Revised Edition. New Jersey, Catholic Book Publishing Corp. 2010.

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USCCB, *United States Catholic Catechism for Adults.* Washington, DC: USCCB, 2006.

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