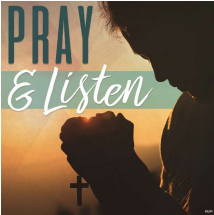




St. Mary's of the Lake, Watkins Glen, NY  
St. Benedict's, Odessa, NY





**Giving Our Hearts to God:  
What It Means to Pray, Part II**  
Fr. Jeffrey S. Tunnichiff  
November 18, 2021

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



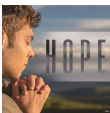
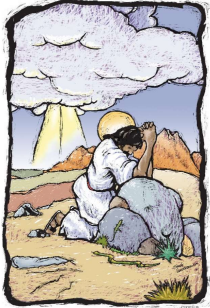
**Webinar Tips**

- 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.

2



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

**Opening Prayer**

3



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





**Review - Why Pray?**



*-St. Alphonsus Liguori*

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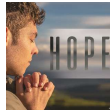



**Giving Our Hearts to God:  
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### Review - What is the Purpose of This Series?

- This series is not meant to change the way 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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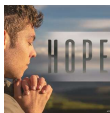



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### Prayer is Not Just Asking For Something

**Lex Orandi,  
Lex Credendi**

6


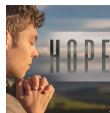



**Giving Our Hearts to God:  
What It Means to Pray, Part II**

### What Does the Catechism Say About Prayer?

*Catechism of the Catholic Church, 2559*  
 “Prayer is the raising of one’s mind and heart to God or the requesting of good things from God” (original quote – St. John Damascene, *De fide orth* 3, 24:PG 94,1089C).

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

### What Does the Catechism Say About Prayer?

*Catechism of the Catholic Church, 2567*  
 “In prayer, the faithful **God’s initiative** of love always comes first; our **own first step is always a response**” (my emphasis)

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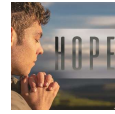
**Giving Our Hearts to God:  
What It Means to Pray, Part II**

## Four Types of Prayer A-C-T-S

**A – Adoration**

- “Humility is the foundation of prayer” (*Catechism of the Catholic Church*, 2559).
- “This form of prayer flows from an attitude that acknowledges we are creatures in the presence of our Creator. It is an act by which we glorify the God who made us. We adore God from whom all blessings flow” (*United States Catholic Catechism for Adults*, 467).

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What It Means to Pray, Part II**

## A Psalm of Adoration

Psalm 63:2-8

<p>O God, you are my God— <b><i>it is you I seek!</i></b> <b><i>For you my body yearns;</i></b> <b><i>for you my soul thirsts,</i></b> In a land parched, lifeless, and without water. I look to you in the sanctuary to see your power and glory. <b><i>For your love is better than life;</i></b> <b><i>my lips shall ever praise you!</i></b> I will bless you as long as I live;</p>	<p>Psalm 63:2-8 cont'd I will lift up my hands, calling on your name. My soul shall be sated as with choice food, with joyous lips <b><i>my mouth shall praise you!</i></b> I think of you upon my bed, I remember you through the watches of the night You indeed are my savior, and in the shadow of your wings I shout for joy.</p>
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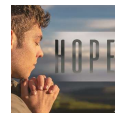
**Giving Our Hearts to God:  
What It Means to Pray, Part II**

## Four Types of Prayer A-C-T-S

**C- Contrition**

- Citing the Council of Trent, the *Catechism of the Catholic Church* defines contrition as “sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again” (1451, original quote – Council of Trent (1551): DS 1676).
- Thus, like adoration, contrition requires humility
- We must admit our sinfulness to let God help and forgive us.

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What It Means to Pray, Part II**


## Four Types of Prayer A-C-T-S

**C- Contrition cont'd**


Psalm 51: 3-6a

*Have mercy on me, God, in accord with  
your merciful love;  
in your abundant compassion blot out my transgressions.  
Thoroughly wash away my guilt;  
and from my sin cleanse me.  
For I know my transgressions;  
my sin is always before me.  
Against you, you alone have I sinned;  
I have done what is evil in your eyes.*

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### Four Types of Prayer A-C-T-S

C- Contrition cont'd  
Psalm 51: 18-19  
*For you do not desire sacrifice or I would give it;  
a burnt offering you would not accept.  
My sacrifice, O God, is a contrite spirit;  
a contrite, humbled heart, O God, you will not scorn.*

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




### Four Types of Prayer A-C-T-S


T – Thanksgiving

- We ask God for help when we need something → we should thank God when He helps us
- In all our prayers, we should pray with an “attitude of gratitude.”
- In the *New American Bible Revised Edition*, 18 different psalms are specifically identified as psalms of thanksgiving in the first verse.
- The word “eucharist” means “thanksgiving.”

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### Four Types of Prayer A-C-T-S

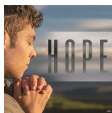
S- Supplication

- *Catechism of the Catholic Church, 2629* – “The vocabulary of supplication in the New Testament is rich in shades of meaning: ask, beseech, plead, invoke, entreat, cry out, even “struggle in prayer.””
- We pray (offer supplication) when we need something. However, in the acronym, ACTS, note that Adoration, Contrition, and Thanksgiving come first. Then comes supplication.

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**Giving Our Hearts to God:  
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### Four Types of Prayer A-C-T-S

S- Supplication cont'd

- “Petition – This is a prayer that takes many forms: to ask, to implore, to plead, to cry out. In each case, it acknowledges how much we depend on God for our needs, including forgiveness and persistence in seeking him” (*United States Catholic Catechism for Adults, 467*).
- “Intercession – This is the prayer that we make on behalf of the needs of others” (*United States Catholic Catechism for Adults, 468*)

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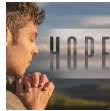
**Giving Our Hearts to God:  
What It Means to Pray, Part II**

## Four Types of Prayer A-C-T-S

S- Supplication cont'd

- Any psalm can include more than one of these A-C-T-S
  - For instance, Psalm 51 is a psalm of contrition. It also includes petition. For example:
    - *“in your abundant compassion blot out my transgressions. Thoroughly wash away my guilt; and from my sin cleanse me”* (Psalm 51:3b-4).

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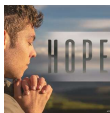



**Giving Our Hearts to God:  
What It Means to Pray, Part II**

## When to Pray

- We talked about when we "want" something
- We talked about praying without ceasing
  - Time of day
- We talked about In **thanksgiving** for something
- What about when we feel powerless  
(See my blog article, "Feeling Powerless" at <http://blog.renewaloffaith.org/blog/?p=4877>)

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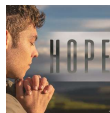



**Giving Our Hearts to God:  
What It Means to Pray, Part II**

## When to Pray

- How about spontaneously? (tie to pray without ceasing)
  - Just because
  - When we hear something bad
  - When we receive good news

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

## Where to Pray?

- In church
  - Eucharistic Adoration
  - In general
- Anywhere and everywhere
- Nature "walk"
- Prayer room or corner
- (See my blog article "Where Do You Go to Find God" online at <http://blog.renewaloffaith.org/blog/?p=6593>)

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What It Means to Pray, Part II**

Everyday Prayer vs. a Retreat



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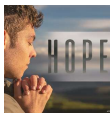

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What It Means to Pray, Part II**

Who Do We Pray To?

- The Father
- The Son
- The Holy Spirit
- “God”

(See my video presentation, *Praying with the Trinity*, online at [www.renewaloffaith.org/trinity](http://www.renewaloffaith.org/trinity))

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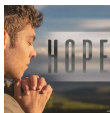
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What It Means to Pray, Part II**

Heavenly Help in Prayer

- The Saints
- Our guardian angel
- The Holy Spirit

*Catechism of the Catholic Church, 2670)*  
 ““No one can say ‘Jesus is Lord’ except by the Holy Spirit” (1 Corinthians 12:3). Every time we begin to pray to Jesus it is the Holy Spirit who draws us on the way of prayer by his prevenient grace.”

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



What Does It Mean for God to Answer Our Prayers?

In Matthew 17:20, we hear Jesus say to his disciples, “Because of your little faith. Amen, I say to you, if you have faith the size of a **mustard seed**, you will say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”

Does this mean we have “*little faith*” if our prayers are not answered?

24




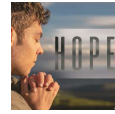
**Giving Our Hearts  
to God:  
What It Means to Pray, Part II**

## What Does It Mean for God to Answer Our Prayers?

Sometimes God says no

- *“And I tell you, ask and you will receive; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened. What father among you would hand his son a snake when he asks for a fish? Or hand him a scorpion when he asks for an egg? If you then, who are wicked, know how to give good gifts to your children, how much more will the Father in heaven give the holy Spirit to those who ask him?” (Luke 11:9-13).*

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

## What Does It Mean for God to Answer Our Prayers?

Sometimes God says no cont'd

- *“You ask but do not receive, because you ask wrongly, to spend it on your passions” (James 4:3)*

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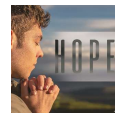
**Giving Our Hearts  
to God:  
What It Means to Pray, Part II**

## What Does It Mean for God to Answer Our Prayers?

Sometimes God says wait

- Psalm 90:4 – *“A thousand years in your eyes are merely a day gone by.”*

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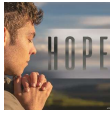



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What It Means to Pray, Part II**

## Waiting for God to Answer Our Prayers

- Abraham and Sarah waiting for a child
- Samuel's mother Hannah (1 Samuel 1:1-28)
- Elizabeth and Zechariah (Luke 1:13)

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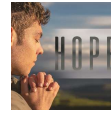



**Giving Our Hearts to God:  
What It Means to Pray, Part II**

### Who Do We Pray With?

- Praying alone
- As a family
- Rosary group
- Divine Mercy group
- Liturgy of the Hours designed for communal prayer
- Together at Mass

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What It Means to Pray, Part II**

### Jesus as Model of Prayer

- Jesus went off to pray
  - Jesus prayed at important moments
    - His Baptism - Luke 3:21
    - Before sending out the Twelve - Luke 6:12
    - Before Peter's confession about Jesus' identity - Luke 9:18
    - Transfiguration - Luke 9:28
- Jesus did not simply pray for himself – “Simon, Simon, behold Satan has demanded to sift all of you like wheat, **but I have prayed that your own faith may not fail**” (Luke 22:31-32).

(see *Catechism of the Catholic Church*, 2600)

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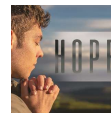



**Giving Our Hearts to God:  
What It Means to Pray, Part II**

### Jesus as Model of Prayer

- Agony in the Garden
  - Not my will but yours be done
    - Mark 14:36, Matthew 26:39, 42, 44, Luke 22:42
  - “Prayer cannot be reduced to the spontaneous outpouring of interior impulse: in order to pray, one must have the **will** to pray” (CCC, 2650).

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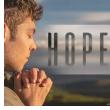
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### Mary as Model of Prayer

- Annunciation – Mary questioned but said yes
  - Mary's question vs. Zechariah's doubt (Luke 1:5-25, esp. v18 “Then Zechariah said to the angel, “How should I know this? For I am an old man, and my wife is advanced in years.”
- Magnificat (Luke 1:46-55) – Mary gives the glory to God.

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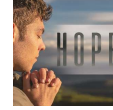



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What It Means to Pray, Part II**

Something to think about:

**Prayer is an Encounter with God**

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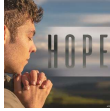



**Giving Our Hearts to God:  
What It Means to Pray, Part II**

Future Schedule

- December 2<sup>nd</sup>
- When you exit this webinar a short evaluation questionnaire should come up to invite your feedback.
- The slides for this presentation (along with Part I) will be available online at [www.renewaloffaith.org/prayer2021](http://www.renewaloffaith.org/prayer2021)

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

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](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 II**


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](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 II**



### Resources

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

USCCB, *The Order of Baptism of Children. English Translation According to the Second Typical Edition.* New Jersey: Catholic Book Publishing Corp. 2020.

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