



Session 11

Pray Like a Saint

(Matthew Leonard)

Partakers of the Divine Nature

“

Prayer restores man to God's likeness and enables him to share in the power of God's love.

-CCC 2572

”

TMIY

A Surge of the Heart

“

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

-St. Therese of Lisieux

”

TMIY

The Body of Christ

“

Prayer is the encounter of God's thirst with ours.

-CCC 2560

”

TMIY

Three Stages of Prayer

1

Vocal

2

Meditative

3

Contemplative

TMIY

Vocal Prayer

“

O Lord, open my lips, and my mouth shall
show forth your praise.

-Pslam 51:15

”

TMIY

A Movement of the Heart

“

Whether or not our prayer is heard depends not on the number of words, but on the fervor of our souls.

-St. John Chrysostom, CCC 2700

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TMIY

Meditative Prayer is 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.

-CCC 2705

”

TMIY

Steps for Meditative Prayer

1

Find a quiet place and a good time to pray.

2

The second step is to RECOLLECT yourself.

3

The actual MEDITATION. Meditation is reflection on God aided by spiritual input. It can use books, art, even nature to help us focus on God.

TMIY

New Relationship Beyond Words

“

Contemplation is us beginning to glimpse
heaven

”

TMIY

A Thirst for God

“

My soul longs, yea, faints for the courts of
the LORD; my heart and flesh sing for joy
to the living God.

-Psalm 84:2

”

TMIY



Session 11

- Had you ever realized that you were literally made to pray and that even infused contemplation is available if you seek after it?
- Since we noted that meditation should start right away, how can you rearrange your life practically speaking in order to make meditative prayer a regular part of it?