

Prayer 101

Finding the Heart's True Home

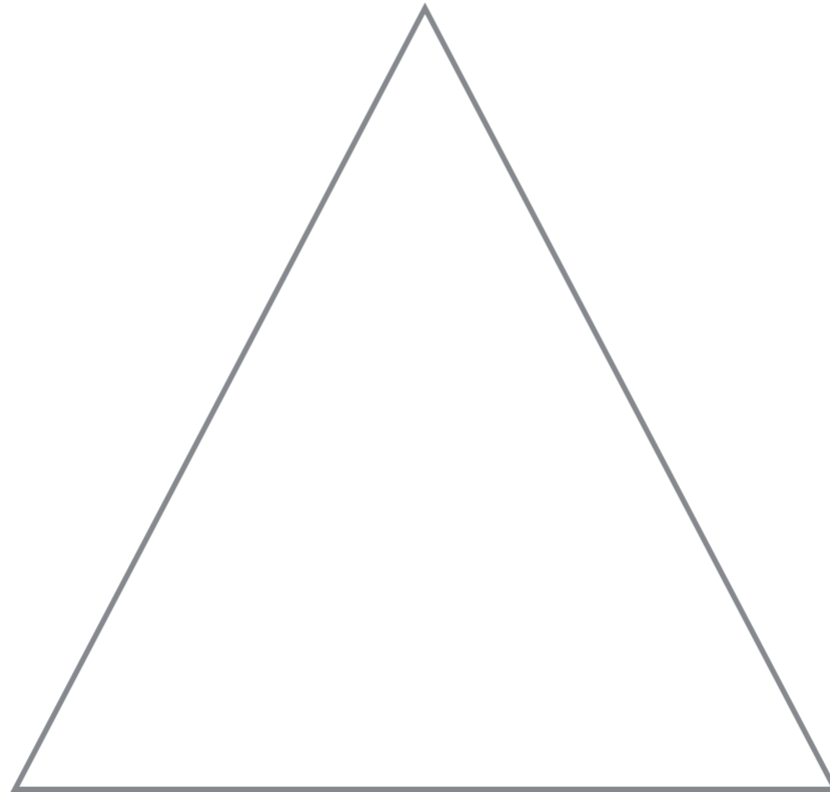
Formation Prayer

- The primary purpose of prayer is to bring us into such a life of communion with the Father that, by the power of the Spirit, we are increasingly conformed to the image of the Son. This process of transformation is the sole focus of Formation Prayer. (57)
- How does prayer of this sort enable us to throttle egoism and shed the burden of self-importance? In what way does it stimulate spiritual growth? What role does it play in producing in us the fruit of love, joy peace, patience, kindness, generosity, faithfulness, gentleness, and self-control (Gal. 5:22)? (58)

golden triangle of formation

classical disciplines:

solitude, fasting, worship,
celebration and like



continual interaction with movings of Spirit of God:

resistance, disobedience,
repentance, submission, faith
obedience, and more

patient endurance developed by God:

by various daily frustrations,
trials, and temptations

Pursuing

- The Exercises: being loved by God, seek transformation into image of Christ, death to worldly attachments, power of Spirit to choose God
- Twelve Steps of Humility: reverence for God, deal with the tongue, bear with injury, be content in all things
- The Little Way: menial job, welcome unjust criticism, befriend the annoying, help the ungrateful

Being Pursued

- Solitude: death to others, death to self, open to God
- Peering into the Abyss: contemplating one's own death
- The Prayer of Docility: being supple, transparent, abandoned in the hands of God

The Prayer of Adoration

- Prayer is the human *response* to the perpetual outpouring of love by which God lays siege to every soul. When our reply to God is most direct of all, it is called *adoration*. Adoration is the spontaneous yearning of the heart to worship, honor, magnify, and bless God. (81)
- “In the prayer of adoration we love God for himself, for his very being, for his radiant joy.” (81)

- There are two sides to the Prayer of Adoration: thanksgiving and praise. The usual distinction between these two experiences is this: in thanksgiving we give glory to God for *what he has done for us*; in praise we give glory to God for *who he is in himself*. (83)
- To the extent we can draw a line of demarcation, praise lies on a higher plane than thanksgiving. (84)

Obstacles to adoration

- inattention
- wrong kind of attention
- greed
- conceit

Stepping Stones to adoration

- pay attention to little creatures: watch
- grateful center
- gratitude
- magnifying God
- celebration