



Power of Prayer

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate the power of prayer.*

INTRODUCE TOPIC & SCRIPTURE Matthew 7: 7 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

BREATH-WORK & GRATEFULNESS

BODILY PRAYER VERSE (Psalm 25:21b) "I wait for you, O Lord."

MEDITATION "God is always listening to our prayers."³ "We can (and should) pray for certain goods, for our health, for the health of a friend, for a way out of a tight spot... yet if we live by faith... then we will have a deeper understanding of the relative importance of material goods and human wants. After all, what we really want is God himself. He is the ultimate end to our prayers. When we pray for things here on earth we should only desire what will bring us closer to him."⁴

"The Lord wants to grant us his graces, but he also wants us to ask for them."⁵ "Our prayers need to be continuous and confident like the prayer of Jesus... Father, I thank thee that thou hast heard me. I knew that thou hearest me always."⁶ We must not grow weary of praying. If we do, let us ask our friends to encourage us and pray for us because "The Lord sends us many graces in times of trial. These graces are more important than the gifts we ask for."⁷ "Persevere in prayer, as (Jesus) told us. This... will be your source of peace, of cheerfulness, of serenity.... There is nothing more powerfully effective than steadfast prayer."⁸

RESOLUTION (Re-read Scripture.) "Let us (each) examine the quality of our prayer today. Is it persevering, trusting, insistent, tireless?"⁹ Do we thank God for hearing us always, and for the untold graces he bestows? Do we always trust his answer to our prayers, even when we do not understand? Holy Spirit, come, and teach us the power of prayer. *Jesus, I trust in you.*

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Mary, Most Gracious Advocate: **pray for us**; St. Joseph: **pray for us**; St. Peter (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Francis Fernandez, In Conversation with God, Vol. 5: 48.1. Scepter Publishers. Used with permission. www.scepterpublishers.org

⁴ Francis Fernandez, In Conversation with God, Vol. 5: 48.2. Scepter Publishers. Used with permission. www.scepterpublishers.org

⁵ Francis Fernandez, In Conversation with God, Vol. 5: 48.1. Scepter Publishers. Used with permission. www.scepterpublishers.org

⁶ Ibid.

⁷ Ibid.

⁸ Ibid.

⁹ Ibid.

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

