

# PRAYER & LEADING PRAYER

Preview Sheet



## PRIMARY TOPICS OF DISCUSSION:

- The Christian tradition comprises of three major expressions of prayer: vocal, meditation, and contemplation. (CCC 2721)
- These three expressions of prayer correspond with the Anthropology of the Heart as laid out by the Institute of Priestly Formation.
- The Holy Spirit and His role in our prayer.
- Prayer Practicals: How to teach prayer to our ministry leaders/volunteers.

**“In it [contemplative prayer] the Father strengthens our inner beings with power through his Spirit ‘that Christ may dwell in our hearts through faith’ and we may be ‘grounded in love.’” (CCC 2714)**

## PRE-CLASS PREP:

- Please watch the “Fr. Burke Masters Prays Like A Pirate: ‘ARRR!’” on **YouTube** before coming to class.
- Additionally, if you have access to the **Hallow App**, I would recommend taking some time to pray with the “Pirate Prayer” led by Christina Walch.



## QUESTIONS TO REFLECT ON:

- What role does prayer play in my life? What role does prayer play in my ministry work?
- Have there been any powerful prayer experiences in my own life that have had a deep impact on my relationship with Christ? What made that experience so powerful for me?
- Do I prioritize prayer in my daily life? What do I find helpful when it comes to finding time to pray each day? What can make that challenging?