

A Toolbox for Prayer

The Gaze of God (to start time of prayer)

When beginning a period of prayer, simply pause for the length of an Our Father. Meditate on the Father or Jesus looking on you with love. This can be done using the imagination or Christian images may be helpful. Rest in that gaze.

WRAP Method of Praying with Scripture

(Reprinted from Karen Dwyer "WRAP Yourself in Scripture", Institute for Priestly Formation)

Read the verse slowly several times. It may help to spread these readings out among the steps.

Write: Write out the image, verse or verses that speak to you.

Reflect: Reflect on the principle or truth that the Scripture is teaching. Write down your thoughts, feelings, and desires in relationship to the Scripture; and dialogue with Jesus

Apply: Consider how Jesus is calling you to apply the truths from Scripture. Write down your response to the Scripture and how you can apply it beginning today.

Prayer: Write a short prayer of thanksgiving to God for the insight of prayer today with the given scripture.

Imaginative Prayer

This can be coupled with the above WRAP method. In a particular story of scripture, choose a character. Imagine the scene of the Gospel unfolding in front of you. Be aware of the sites, sounds, smells, your emotions. Speak with God about these responses.

The Colloquy

This is a very simple concept. At the end of a period of prayer, you have a conversation with the Father, Jesus, Mary or any of the saints about what happened during that time of prayer. You can also do this regarding general experiences and life in general.

Distractions

The common response to distractions during prayer is to try as hard as we can to empty them from our minds. Instead, if you find yourself often distracted, use this as the content to bring before God in prayer.

The Daily Examen

- 1) Ask God for light—Come Holy Spirit!
- 2) Gratitude for the day. This can be general or particular.
- 3) Walk through of the day with God. What were moments of grace in the day? Did I respond or not?
- 4) Face your shortcomings— God, I'm sorry.
- 5) Look forward to the day to come. Name a particular grace that you need for the next day to grow.

(A simplified way to do this with younger children is Highs, Lows and God moments.)

The Pirate Prayer— A R R R

Acknowledge the thoughts, feelings and desires you are having.

Relate those to God, tell him about it.

Receive from God his love and the grace and understanding needed.

Respond - Put this into action in your life.

Make a List

Make a list of short bible verses. It might be helpful to put these on a notecard or smaller page. -Make of list of those who need your prayers. Place it on top your phone at night. When you reach for your phone, you will pick up the list.

Gratitude

Before bedtime, call to mind five blessings during the day.

Thank God for these blessings.

List of good bible passages to pray with.

Any of the Psalms	Lk 11:1-13 "Our Father"
Genesis 32:22-31 (Jacob wrestles angel)	Lk 9: 28-36 Transfiguration
Numbers 6:24-26 (Aaron's Blessing)	Lk 15:11-32 Prodigal Son
Jeremiah 29:11	John 4:1-26 Women at Well
Hosea 11:1-11	John 17:20-26 Priestly Prayer
Mt 5:14-16 (Light of World)	John 20:19-31 Doubting
Mt 5:19-21 (Treasure in Heaven)	Thomas
Mark 1:1-11 Baptism of Jesus	Any part of John 6
Mark 4:35-40 (Jesus & Storm)	Passion narrative from any Gospel.
Mark 10:46-52 (Blind Man healed)	
Nativity Narratives (especially with imagination)	(more extensive list on back)
Luke 10:38-42 (Martha & Mary)	