

## 1-Introduction

- What is Prayer (BCP 856-857)
  - Prayer vs. Christian Prayer
    - A conversation between creature and Creator, a relationship between lover and beloved
  - 7 kinds of prayer
    - Adoration: So much energy spent on adoring ourselves and our accomplishments, prayers of adoration reorder our hearts and focus on God as the one to be adored
    - Praise: Acknowledging and giving voice to God's goodness and majesty. Not because God wants it or needs it, it is creation's natural response to God (Luke 19:40)
    - Thanksgiving: Gratitude, one of the most important things for life
    - Penitence: Seeking forgiveness from God as well as making restitution (9th Step of AA)
    - Oblation: offering ourselves and joining in God's restorative work in the world
    - Intercession: Prayers for others, even enemies (Matt 5:44)
    - Petition: Prayers for ourselves (Matt 7:7)
  - A look at the Lord's Prayer (BCP 364, Matt 6:9-13)
    - "Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven" (Adoration)
    - "Give us today our daily bread" (Petition and Intercession)
    - "Forgive us our sins" (Penitence)
    - "As we forgive those who sin against us (Oblation)
    - "Save us from the time of trial, and deliver us from evil." (Petition and Intercession)
    - "For the kingdom, the power, and the glory are yours, now and forever." (Praise)
- Ways to pray - How do you pray?
  - The "traditional" way: Hands folded, head bowed, eyes closed, silently or aloud
  - Liturgy
  - Meditation/Breathing
  - Contemplation
  - Journaling
  - Music/Chant
  - Others?
- Why do we pray?
  - Relationship
  - Comfort/Peace
  - To change the world
  - To reorder and refocus our lives and understanding of the world
  - We're supposed to?
- How do we pray?
  - Honestly (Anger, Frustration, Hurt, Sadness, [insert emotion here] are all valid)
  - Vertically (Us and God, not as a way of making announcement)
  - Freely (Everyone gets distracted, interrupted, and loses focus, even Jesus, Luke 4:42)
  - Thoughtfully (seeking deeper understanding and insight)
- How not to pray?

- So God will love us more or become “better” Christians
  - Horizontally
  - To impress anyone
- Compline - and ancient liturgy for the close of the day