

Prayer Lab 8-28-22

The 5 P's of Prayer

No matter when or where we pray, keeping these 5 things in mind can help dispose us to whatever sort of encounter with Him God wishes to give during our times of prayer.

Presence

God is tirelessly calling each person to the mysterious encounter known as prayer.

Recalling that we are always in His presence, turning our attention toward His presence, disposes us to receive this encounter.

It also helps to quiet our very active minds and ready us for recollection and reflection.

Place

Many places can be appropriate for prayer. In choosing a place it is helpful to consider these factors:

- 1) A place that encourages quiet and reflection
- 2) A place that is consistent
- 3) A place that in some way reminds me of God's presence

As time goes by, we may find our favorite place to pray changes

Posture

Many postures are appropriate for prayer.

My posture should be comfortable and relaxed enough to allow for an extended time of quiet yet not so comfortable that I risk dozing off

Common postures include:

Sitting, kneeling, standing, lying prostrate

Plan

Having a simple plan for prayer helps to ground my time and keep me from being overly distracted.

These can include:

- Lectio divina

- Rosary, stations, or some other devotion

- Examen

- Spiritual reading or other reflections like Magnificat

How do I know if God is “taking over” my plan?

When distracted, I gently bring myself back to the plan

When the same distraction returns, I share it with God and express my desire to encounter Him according to the plan

When the same distraction comes back a third time, I scrap the plan and tell God all about what seemed to be the distraction.

Presence

With my consciousness raised on high, I consider how God looks upon me. Then I make an act of reverence or humility.

Psalm 139