

Some Tips on Prayer



Suggested Method #1

“There are 3 Tips when it comes to prayer: keep it *simple*, keep it *honest*, and keep it *going*.”

~ Brother Luigi Gioia from Alpha

Simple: just speak to Him. “Reduce it even to one sentence.” Don’t overthink it!

Honest: “We often think that we have to be in a certain mood to pray. So that before starting praying we have to be peaceful, or joyful, or we have to be enthusiastic about the Lord. The reality is that most of the time we are in a completely different mood. So we are either worried, or we are tired, or we are frustrated about something, or are angry about something. The secret is really to realize that each one of these feelings, even the most negative ones...I would say even anger, even lust, can become a fuel for prayer, can be transformed into prayer.” Do not judge your emotions! God accepts you exactly as you are! Intimacy begins with honesty.

Going: “I can pray all the time. I can pray for the people around me, I can just say to the Lord very simply: ‘Lord I love you,’ or ‘Lord help me.’ I can in any situation...when I am in Church, when I am at home, before meals...but also when I am walking, when I am driving...”¹ We are called to talk to the Lord as a friend. It need not be formal!

Suggested Method #2

“A-R-R-R” Prayer

“St. Teresa of Avila said, ‘For mental prayer in my opinion is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us.’ The A-R-R-R Prayer is a simple method of coming to the Lord as you are. It can be used almost any time of the day and in just about any circumstance. It can also be used within any other method of prayer such as Lectio Divina or Ignatian Contemplation as a way of conversing with the Lord. The

¹ [Alpha]. (2016, April 29). *Alpha Film Series - Episode 05 Why and How Do I Pray?* [Video File]. Retrieved from https://www.youtube.com/watch?v=qSqLif_vKP8&index=5&list=PLXXZg7kOW4hV11A9spOlgyoD7iRIKjgs.

“A-R-R-R” stands for different movements within the prayer: Acknowledge, Relate, Receive, Respond.

Acknowledge – Openly and honestly without prejudice acknowledge how you are before God. What you are experiencing? What is moving in your heart?

Marian Example: At the Annunciation Mary was “troubled” and pondered what the words of the Angel meant.

Relate – Bring yourself as you are into relationship with God by relating your experience to Him. Speak to him from your heart.



Marian Example: At the Annunciation Mary asked, “How can this be?”

Receive – Listen to what God is doing with the movements of your heart. Receive his presence and the constancy of his love.

Marian Example: “The Holy Spirit will come upon you.”

Respond – What we receive impels us to respond in gratitude and with renewed heart.

Marian Example: Mary’s fiat, “May it be done unto me...”²

For more excellent prayer resources, check the parish website at the “CONNECT” tab under “PRAY > PRAYER RESOURCES,” or contact Father Brad (frbrad@stlukecp.org) directly for other suggestions

² Unknown Contributor. "A-R-R-R Prayer." Diocese of Austin. Vocation Office, n.d. Web. 27 Jan. 2017. Traynor, Scott. Retrieved from <https://austinvocations.com/a-r-r-r-prayer>. A better and more complete published version of this “method” is found: Traynor, Scott. *The Parish as a School for Prayer*. Omaha: IPF Publications, 2013. pp. 20-23.