

Anchor Family Faith Formation

2/21/2024



Families Anchored in Christ

Announcements

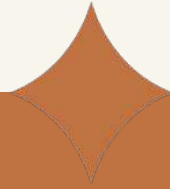
- SPY2 Pastoral Meetings
- Family Adoration Thurs. March 7th
 - 6:00-7:00pm
 - In the Chapel
- Purple Lent Books
- March Magnifikids
- Pray for Richard on Friday

PRAYER

A LIVING
CONVERSATION
WITH GOD

How do you pray?

What are different
ways to pray?







Come, Holy Spirit.

Teach us how to pray.

Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

Philippians 4:6-7

5-in-1

Prayer Method

The Holy Spirit who teaches the Church and recalls to her all that Jesus said also instructs her in the life of prayer, inspiring new expressions of the same basic forms of prayer: blessing, petition, intercession, thanksgiving, and praise.

CCC 2644

BLESSING

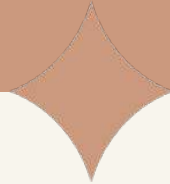
PETITION

INTERCESSION

THANKSGIVING

PRAISE

BLESSING



CCC 2645

Because God blesses the human heart, it can in return bless him who is the source of every blessing.

Blessing

Divine Praises

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most Holy.

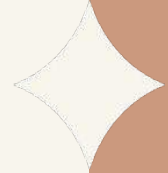
Blessed be her Holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His Angels and in His Saints.



PETITION



Forgiveness, the quest for the Kingdom,
and every true need are objects of the
prayer of petition.

CCC 2646



Petition

Seeking forgiveness for our sins.

Answering Jesus:

What do you want me to do for you?

Mark 10:51-52: Jesus said to him in reply, “What do you want me to do for you?” The blind man replied to him, “Master, I want to see.” Jesus told him, “Go your way; your faith has saved you.” Immediately he received his sight and followed him on the way.

INTERCESSION



Prayer of intercession consists in asking on behalf of another. It knows no boundaries and extends to one's enemies.

CCC 2647

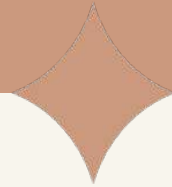


Intercession

Who prays for me?

Who needs my prayers?

THANKSGIVING



Every joy and suffering, every event and need can become the matter for thanksgiving which, sharing in that of Christ, should fill one's whole life: "Give thanks in all circumstances"

(1 Thess 5:18). CCC 2648

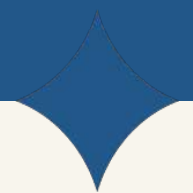
Thanksgiving

What am I thankful for in my life?

What am I thankful for today?

Thanksgiving CELEBRATES the PAST.
Thanksgiving REJOICES in the PRESENT.
Thanksgiving gives HOPE for the FUTURE.

PRAISE



Prayer of praise is entirely disinterested and rises to God, lauds him, and gives him glory for his own sake, quite beyond what he has done, but simply because HE IS.

CCC 2649

Praise

Who are you a fan of?

What is so great about Him?

(Title for God) you are (Greatest/ Highest thing)

Elohim, God, Jehova, Yahweh, Lord, Adon, Adonai, I Am That I Am, I Am, Most High God, The God Of Sight, Almighty God, Everlasting God, Rock, YHWH of Hosts, YHWH will provide, I, YHWH, am your healer., YHWH is my banner, YHWH who sanctifies you, YHWH is peace, YHWH is my shepherd, YHWH our maker, YHWH our righteousness, YHWH who is there, The Name, The Great Mighty Awesome God, Father, Holy Spirit, The Spirit Of The LORD God, Holy One Of Israel, Light, Light To The Nations, Fortress, Tower Of Strength, Hiding Place, Shield, Rock Of My Strength, Stone, Cornerstone, The Portion Of My Inheritance, Branch, Crown and Diadem, Tent Peg, Bow Of Battle, Maker, Creator Of Israel, Shepherd Of Israel, Redeemer, Deliverer, Savior, King Of Israel, Lord Of All The Earth, The Most High, Shiloh, The Arm Of The Lord, Messiah The Prince, God Of Abraham, God Of Isaac, And God Of Jacob, Wonderful Counselor, Mighty God, Father Of Eternity, Prince Of Peace, Holy One, Spirit Of God, The Spirit Of The LORD, The Spirit Of Wisdom And Understanding, The Spirit Of Counsel and Strength, The Spirit Of Knowledge And The Fear Of The LORD, Upright One, Light Of Israel, Our Dwelling Place, Stronghold, Refuge, Strength, Rock, Rock Of Israel, Stone of Israel, My Portion In The Land Of The Living, My Cup, Star, Potter, Husband, Creator, Shepherd, Messenger Of The Covenant, Redeemer of Israel, My Lovingkindness, The King, King Of Glory, Ancient of Days, Covenant To The People, The Angel, Ruler In Israel, Father, God The Father, The Father Of Lights, The Father Of Spirits, God (Elohim), The God Of Abraham, Isaac And Jacob , God Of Peace , The Living God , Lord God , Lord Almighty , Power , The Most High God , Lord Of Armies, The Majesty, The Lawgiver And Judge, Sovereign, A Consuming Fire, Abba, Father Of Our Lord Yeshua The Messiah, The Father Of Glory, Father of Mercies, The God Of Our Fathers , God Of All Comfort , The God Of Glory , The God Of Israel , Lord God of Israel , The Almighty , The Creator , The Divine Nature, The Majestic Glory, The King Of The Nations, The Eternal Immortal Invisible King, Heaven

Praises of God by St. Francis Assisi

You are holy, Lord, the only God,
and Your deeds are wonderful.
You are strong.
You are great.
You are the Most High.
You are Almighty.
You, Holy Father are King of heaven and earth.
You are Three and One, Lord God, all Good.
You are Good, all Good, supreme Good, Lord God,
living and true.
You are love. You are wisdom.
You are humility. You are endurance.
You are rest. You are peace.
You are joy and gladness.

You are justice and moderation.
You are all our riches, and You suffice for us.
You are beauty.
You are gentleness.
You are our protector.
You are our guardian and defender.
You are our courage. You are our haven and our
hope.
You are our faith, our great consolation.
You are our eternal life, Great and Wonderful Lord,
God Almighty, Merciful Saviour.
Amen.

5-in-1

Prayer

Method

BLESSING

PETITION

INTERCESSION

THANKSGIVING

PRAISE

LECTIO DIVINA

Always ask Jesus and the Holy Spirit to be with you and guide your prayer and imagination.

Read

Ponder

Respond

Rest

A method for praying with the Scriptures. As one reads and invites the Word to become a transforming lens that brings the events of daily living into focus, one can come to live more deeply and find the presence of God more readily in the events of each day.

IGNATIAN CONTEMPLATION: IMAGINATIVE PRAYER

Always ask Jesus and the Holy Spirit to be with you and guide your prayer and imagination.

Engage your
senses to follow
Jesus in the
Gospel.

A method of prayer in which you imagine yourself as present in a Gospel scene, stepping into the story and encountering Jesus there. Through the act of contemplation, the Holy Spirit makes present a mystery of Jesus' life in a way that is meaningful for you now.

VISIO DIVINA

Always ask Jesus and the Holy Spirit to be with you and guide your prayer and imagination.

See

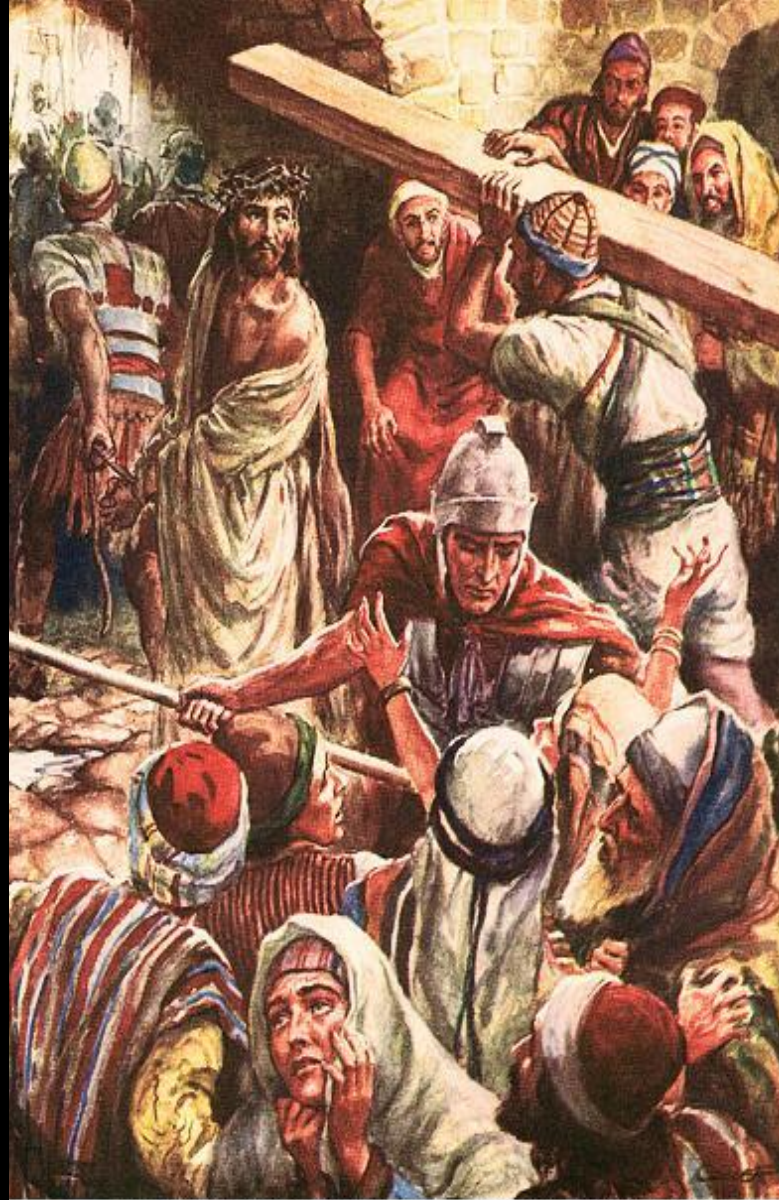
Think

Wonder

Listen

An ancient form of Christian prayer in which we allow our hearts and imaginations to enter into a sacred image, in silence, to see what God might have to say to us.

“I am Simon of Cyrene”

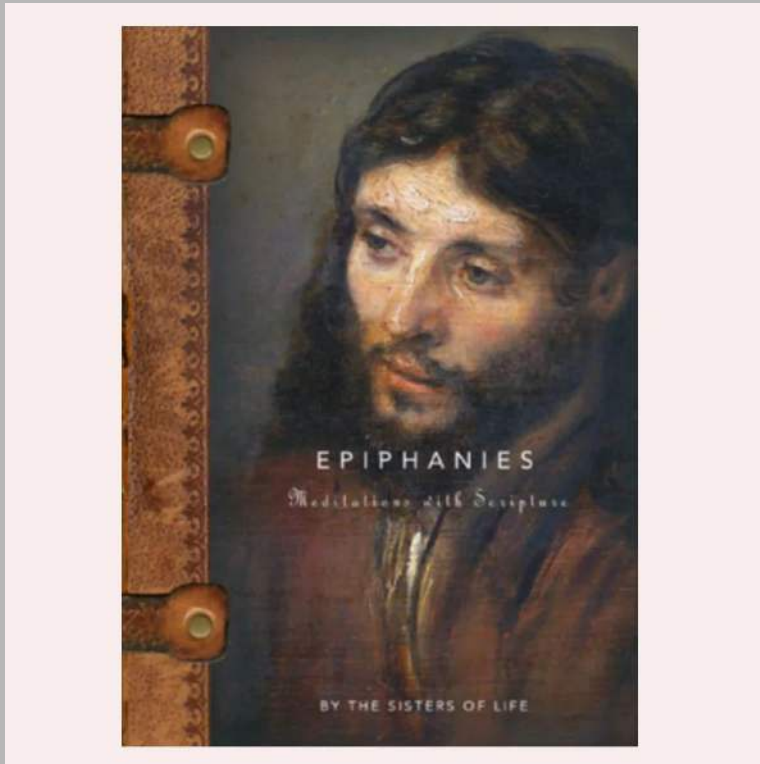


Discussion Questions

1. What kinds of prayer have helped you to grow in your personal relationship with God?
2. Is there a prayer method that you would like to explore more? How can you do this?
3. In your life, when do you find it easiest to pray or most difficult to pray?
4. When could you incorporate the 5-in-1 prayer method into your daily life?
5. Share your experience with the imaginative prayer and Visio Divina on Simon of Cyrene.

Resources

- [Epiphanies, Meditations with Scriptures by the Sisters of Life](#)



Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash
me. Passion of Christ, strengthen
me.

O Good Jesus, hear me. Within thy
wounds hide me. Separated from
thee, let me never be. From the
malignant enemy, defend me. At
the hour of death, call me and close
to thee bid me, That with thy saints
I may be praising thee For ever and
ever. Amen.

