**Praying three ways: Adoration, Contemplation, Intercession**

**Worksheet 2**

**April 1, 2020**

1. **Adoration**

Come, true light.

Come, life eternal.

Come, hidden mystery.

Come, treasure without name.

Come, reality beyond all words.

Come, person beyond all understanding.

Come, rejoicing without end.

Come, light that knows no evening.

Come, unfailing expectation of the saved.

Come, raising of the fallen,

Come, resurrection of the dead.

Come, all-powerful, for unceasingly you create, refashion and change all

things by your will alone.

Come, invisible whom none may touch and handle.

Come, for you continue always unmoved, yet at every instant you are wholly in movement; you draw near to us who lie in hell, yet you remain higher than the heavens.

Come, for your name fills our hearts with longing and is ever on our lips;

yet who you are and what your nature is, we cannot say or know.

Come, alone to the alone.

Come, for you are yourself the desire that is within me.

Come, my breath and my life.

Come, the consolation of my humble soul.

Come, my joy, my glory, my endless delight.

*St. Symeon the New Theologian (949-1022AD)*

1. **Contemplation – Centering Prayer**

**A brief guide to Centering Prayer:**

*• Find a quiet space where you are unlikely to be disturbed.*

*• Sit in a way that allows you to be relaxed in body and alert in mind. Use a chair, meditation cushion or prayer rug, according to your own physical needs and preferences.*

*• Gently close your eyes.*

*• Allow your heart to open toward that invisible but always present God of all that exists.*

*• Whenever you become aware of a thought, no matter what its nature, let it go.*

*• Use a “sacred word”\**

**Additional Directions:**

Continue this practice for 20 minutes. At the end of the time get up and go about your business, leaving the practice behind, in the same way you let go of your thoughts.

People who are just beginning, and are particularly restless in mind and body, may find it easier to start off with shorter prayer periods, perhaps only 5 minutes per sit to start. Then after a few days extend the time to 10 minutes and so on until you are able to sit for 20 minutes. Give the practice at least 2 weeks before you decide if it is right for you.

*\* This is a word or short phrase that helps you to let go of thoughts. It is a reminder of your intention to remain open to the silence. Generally sacred words fall into one of 2 categories: “God” words/phrases such as “Abba”, “Jesu, “Mary”, “Reality”, “Come Lord” or “state” words/phrases such as “love”, “peace”, “be still”. Sacred words are not used as mantras, as in constantly repeating them, but as a reminder of your intention to remain open.*

1. **Intercessions**

We pray for God’s grace.

Lord, receive our praise

*All*  **and hear our prayer.**

Lord God, through your grace we are your people:

through your Son you have redeemed us;

in your Spirit you have made us your own.

We pray for … (*the Church*)

Make our hearts respond to your love.

Lord, receive our praise

*All*  **and hear our prayer.**

We pray for … (*the world*)

Make our lives bear witness to your glory in the world.

Lord, receive our praise

*All*  **and hear our prayer.**

We pray for … (*the sick and those in need*)

Make our wills eager to obey, and our hands ready to heal.

Lord, receive our praise

*All*  **and hear our prayer.**

We give you thanks for …

Make our voices one with all your people in heaven and on earth.

*Concluding prayer:*

May the power of your love, O Lord,

fiery and sweet as honey,

so absorb our hearts

as to withdraw them from all that is under heaven.

Grant that we may be ready

to die for love of your love

as you died for love of our love.

*All*  **Amen.**

*Francis of Assisi (1226)*

1. **Closing Prayer**

O Lord our God, accept the fervent prayers of your people;

in the multitude of your mercies look with compassion

upon us and all who turn to you for help;

for you are gracious, O lover of souls,

and to you we give glory, Father, Son, and Holy Spirit,

now and for ever.

**Amen.**