

Year 2: Called to Listen, Called to Live  
(June 2008-May 2009)

Prayer Resources

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*In prayer at the 2008 Annual Assembly of the New England Synod*

## Ignatian Prayer and Spirituality

### St. Ignatius of Loyola

Basic trait: the remembrance of an event of salvation history

Gospel of Matthew

James

Myers-Briggs type: SJ

Prayer: structured, especially public

Spirituality: an organized striving toward a deeper relationship with God

Highest value: commitment

### Space below for notes:

Commitment to law and a deep sense of duty and obligation/practical/strong work ethic/  
need to belong/strong sense of history and tradition – the past is important/relate well to  
ritual/change is difficult/want to be useful/want to care for those in need and contribute  
to society/conscientious/titles are important / 50 percent of those who regularly attend  
church.

## Augustinian Prayer and Spirituality

### St. Augustine

Basic trait: use of imagination to transpose scripture to present situation

Gospel of Luke

Paul

Myers-Briggs type: NF

Prayer: meditative, centering, intuitive search for God's will

Spirituality: seek spiritual meaning of each event and relationship

Highest value: compassion

### Space below for notes:

Seek hidden meaning in everything/heightened focus on relationships/the future is important/God is continuing to work every day in creation and redemption/idealistic and hopeful/symbols and parables are central/good at communication but hate conflict / 12 percent of population but majority of pastors.

## Franciscan Prayer and Spirituality

### St. Francis

Basic trait: willingness to go in any direction that the Spirit calls

Gospel of Mark

Peter

Myers-Briggs type: SP

Prayer: flexible, free-flowing, spontaneous, use of all senses, work as prayer

Spirituality: creative, strong connection to creation, loving service

Highest value: active love

### Space below for notes:

Love action/impulsive/hate to be tied down to rules/more interested in the here and now than in symbol or ritual/incarnation of Jesus is central/good at problem-solving/easily bored with status quo and restrictions/the present is the most important reality/thrive on risk and challenge/hunger for activity and enjoyment/live intensely/optimistic / 38 percent of population.

## Thomistic Prayer and Spirituality

### St. Thomas Aquinas

Basic trait: logical and orderly thought and a deep desire to understand and interpret

Gospel of John

John

Myers-Briggs type: NT

Prayer: discursive, contemplative, intellectual movement toward revelation

Spirituality: set goals and systematically move toward a God-centered life

Highest value: logic

Space below for notes:

Cherish orderly thought/gravitate toward complication and challenge/thirst for truth/perfectionist/ workaholic/must excel/tend to be impatient with self and others for short-comings/terse communication and unaware of seeming insensitive/desire competency/fascinated by power / 12 percent of population.

## Resources for the Life of Prayer

### Weavings: A Journal of the Christian Spiritual Life

Every single issue is a treasure, worth many re-readings. Here are several that are particularly appropriate to our emphasis in the synod. If you do not subscribe, ask a friend, or you can sometimes order back issues. ([www.weavings.org](http://www.weavings.org))

“A Serious Call to a Devout and Holy Life”	Sept/Oct 1986
“Teach Us to Pray”	March/April 1989
“Listening”	May/June 1994
“Availability”	Sept/Oct 1997
“Pray Always”	Ma /June 1998
“Prayer”	May/June 2002
“Practicing the Presence of God”	Jan/Feb 2003
“Fasting”	Sept/Oct 2004
“Pray for One Another”	July/August 2007

**Books:** There are thousands of books on prayer and the life of the spirit, from early centuries to the present. Most of them are helpful at least and inspired at best. Commit to reading at least one this year as a companion for the journey. After a long time of thinking, here are five that have been influential in my own spiritual journey. They are in alphabetical order by author and I apologize for all the excellent ones I left out.

### Meditating on the Word, by Dietrich Bonhoeffer

This book gives instructions for daily meditation and a section of sermons and meditations on the psalms. My copy includes a brief afterword by John Vannorsdall, a gift in itself from a gifted leader of our church and member of our roster for many years.

### Prayer: Finding the Heart’s True Home, by Richard J. Foster

Everything Foster writes is wonderful and full of wise insight into the Christian life. As a quotation from the cover notes about this book: “Richard Foster takes us into the huge forest of prayer and names every tree.” Try other books by him as well.

### Pray All Ways, by Edward Hays

A delightful collection of prose and poetic passages that helps the reader to understand prayer as an organic and natural way of life. As wise advice for our frenetic age, note especially the chapters entitled: “Hurry- A Hindrance to the Holy”, “Play as Prayer”, and “The Prayer of Napping.” This is an older book, but timeless.

### The Other Side of Silence: A Guide to Christian Meditation, by Morton T. Kelsey

This was a life-changing book for me, and it was a dependable guide as I navigated through a variety of advice about prayer and meditation. It introduced me to the mystery and great richness of silence. Not an easy read, but worth the effort.

### Centering Prayer: Renewing an Ancient Christian Prayer Form, by M.B. Pennington

This is a classic, and now you can surely see my inclination toward meditative prayer. Pennington asks: Do you want to pray better? And then tells us how.

## Quotes: What some people have said about prayer

Prayer is not a rare thing to be searched for. It is the activity of life, the atmosphere that sustains life. God meets us in the noise, the hurry, the crowd.

Prayer does not necessarily require one's undivided attention. – *Laurence A. Wagley*

Prayer is not an argument with God to persuade him to move things our way, but an exercise by which we are enabled by his spirit to move ourselves his way.

– *Leonard Ravenhill*

When the outlook is bad, try the uplook. – *Mark Twain*

Your cravings as a human animal do not become a prayer just because it is God whom you ask to attend to them. – *Dag Hammarskjöld*

The result of prayer is to find reasons for loving God. – *Isaac of Syria*

Prayer is wasting time with God. – *Marjorie Thompson*

The one concern of the Devil is to keep Christians from praying. – *Samuel Chadwick*

Prayer is God's way of getting you to meet the cast of characters you call your distractions. God knows we spend a lot of time disowning them and pretending we don't know them. They are family. Prayer will always be messy because they are.

– *Newsletter of the Episcopal Diocese of Washington*

Work done gratefully and well is prayer. – *Wendell Berry*

Prayer is ... the soul in paraphrase, the heart in pilgrimage. – *George Herbert*

Plenty well, no pray; big bellyache, heap God. – *Native American wisdom saying*

Your influence for Christ will depend, beyond all your knowing and beyond anyone else's knowing, on your having one foot set on the ladder of prayer. – *Ronald A. Knox*