

On maintaining a Life of Prayer

By: Francois Fenelon

Two main points of attention are necessary to maintain a constant spirit of prayer that unites us with God. We must continually seek to cherish it, and we must avoid everything that tends to make us lose it.

In order to cherish it, we should follow a regular course of reading; we must have appointed times of secret prayer and frequently recall our minds consciously to God during the day. We should make use of quiet days or retreats when we feel the need of them or when they are advised by those more experienced than we whose counsel we seek, and when our other responsibilities allow for them.

We should be afraid of all things that have a tendency to make us lose this state of prayer and be very careful to avoid them.

Our conversation with God resembles that with a friend. At first there are a thousand things to be told, and just as many to be asked. After a time, however, these diminish, while the pleasure of being together does not. Everything has been said, but the satisfaction of seeing each other, of feeling that one is near the other, can be felt without conversation. The silence is eloquent and mutually understood. Each feels that the other is in perfect harmony with him, and that their two hearts are continuously being poured into each other, becoming one.

St. Frances Cabrini Catholic Community

LifeTouch: Experiences in Prayer



Thursdays
January 22 - February 26, 2004
(6 Weeks)
Room 301

**OUR NEED OF
PRAYER...A DEEPER
MORE INTIMATE PLACE
WITH GOD**

At just the moment we feel like we have plumbed the depths of prayer, we find ourselves needing more, feeling inadequate, realizing how small our prayer actually is. That is not to say that where we are is bad. God has carried us to the place we are right now. It simply points to the hunger that rests within each of us for more of God, a deeper, more intimate relationship with Him. That hunger for “more” is a hunger for Him, and it is a hunger that only He satisfies. We never get to the place where we cannot learn more, where we are satisfied with our praying lives as they are. There are always new depths to explore and new places to go; for prayer is the way that we grow into the “more” of God. Prayer is the way that He has His way with us.

***LifeTouch: Experiences In
Prayer***

Thursdays—7:00 p.m.—8:30 p.m.
January 22—February 26, 2004
Location: St. Frances Cabrini
Room 301

This six week course will lead us into the depths of prayer...the different forms of prayer that lead us into the active Presence of God in our lives.

Prayer Topics:

Praying the Scriptures, Praying in the Stillness, Prayer of Cleansing and Confession, Lectio Divina/Sacred Reading, Centering Prayer, Festooning Prayer, Meditation on Scripture.

REGISTRATION

Name _____

Address _____

Phone _____

E-Mail _____

IT IS IMPORTANT THAT YOU REGISTER FOR THIS CLASS. PLEASE CALL THE CHURCH OFFICE OR FILL OUT THE FORM AND RETURN IT TO THE CHURCH OFFICE.

Contact Marie Noack at 641.0101 for further information.

