



CHURCH *of the* INCARNATION

Brothers and sisters, I do not consider that I have laid hold of it, but one thing I have laid hold of: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal, toward the prize of the heavenly call of God in Christ Jesus.

Philippians 3:14

Week 7: How do we get there? Pt. 3: The Life of Prayer

And whenever you pray, do not be like the hypocrites, for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. ⁶ But whenever you pray, go into your room and shut the door and pray to your Father who is in secret, and your Father who sees in secret will reward you. ⁷ “When you are praying, do not heap up empty phrases as the gentiles do, for they think that they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him. ⁹ “Pray, then, in this way: Our Father in heaven, may your name be revered as holy. ¹⁰ May your kingdom come. May your will be done on earth as it is in heaven. ¹¹ Give us today our daily bread. ¹² And forgive us our debts, as we also have forgiven our debtors. ¹³ And do not bring us to the time of trial, but rescue us from the evil one. ¹⁴ For if you forgive others their trespasses, your heavenly Father will also forgive you, ¹⁵ but if you do not forgive others, neither will your Father forgive your trespasses.

Matthew 6:5-14

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸ For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. ⁹ “Which of you, if your son asks for bread, will give him a stone? ¹⁰ Or if he asks for a fish, will give him a snake? ¹¹ If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

Matthew 7:7-11

But Moses implored the Lord his God and said, “O Lord, why does your wrath burn hot against your people, whom you brought out of the land of Egypt with great power and with a mighty hand? ¹² Why should the Egyptians say, ‘It was with evil intent that he brought them out to kill them in the mountains and to consume them from the face of the earth?’ Turn from your fierce wrath; change your mind and do not bring disaster on your people. ¹³ Remember Abraham, Isaac, and Israel, your servants, how you swore to them by your own self, saying to them, ‘I will multiply your descendants like the stars of heaven, and all this land that I have promised I will give to your descendants, and they shall inherit it forever.’” ¹⁴ And the Lord changed his mind about the disaster that he planned to bring on his people.

Exodus 32:11-14

Rejoice always, ¹⁷ pray without ceasing, ¹⁸ give thanks in all circumstances, for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:16-18

Likewise the Spirit helps us in our weakness, for we do not know how to pray as we ought, but that very Spirit intercedes with groanings too deep for words. ²⁷ And God, who searches hearts, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Romans 8:26-27

But when the fullness of time had come, God sent his Son, born of a woman, born under the law, ⁵ in order to redeem those who were under the law, so that we might receive adoption as children. ⁶ And because you are children, God has sent the Spirit of his Son into our hearts, crying, “Abba! Father!” ⁷ So you are no longer a slave but a child, and if a child then also an heir through God.

Galatians 4:4-7

So what shall I do? I will pray with my spirit, but I will also pray with my understanding; I will sing with my spirit, but I will also sing with my understanding. ¹⁶ Otherwise when you are praising God in the Spirit, how can someone else, who is now put in the position of an inquirer, say “Amen” to your thanksgiving, since they do not know what you are saying? ¹⁷ You are giving thanks well enough, but no one else is edified.

1 Corinthians 14:15-17

Hear my prayer, O Lord; give ear to my supplications in your faithfulness; answer me in your righteousness. ² Do not enter into judgment with your servant, for no one living is righteous before you.

Psalms 143:1-2





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Prayer is a continual intercourse of the spirit with God.

Just as bread is nourishment for the body and virtue for the soul, so is spiritual prayer nourishment for the higher mind.

Prayer is the fruit of joy and thanksgiving.

Prayer is an ascent of the spirit to God.

Let us cast all our concerns on [God], and it will be well with us...

If you are a theologian you truly pray. If you truly pray you are a theologian.

Evagrius of Pontus, *Chapters on Prayer*, 3, 101, 15, 35, 33, 60

Now if we are to take prayer in its most exact sense...[we should pray] to God the Father of all, to whom even our Savior himself prayed...and to whom he taught us to pray. For when heard "teach us to pray," he did not teach us to pray to himself, but to the Father by saying "Our Father in heaven..."

Origen of Alexandria, *On Prayer*, XV

[In early monasticism] all prayer arose within a continual encounter with the biblical word. ... Whether alone or in community, all monastic prayer was rooted in *meditatio*. The Bible both established the ground of possibility for unceasing prayer and provided its method.

Columba Stewart, OSB, *Cassian the Monk*, p. 100-01

Prayer is continuous when the spirit clings to God with deep emotion and great longing, and remains forever attached to him by faith and hope in all the actions and events of its destiny

Maximus Confessor, *The Ascetic Life*, 25

How is the fullness of God's glory achieved in each one of us? If what I do and say is for the glory of God, my words and deeds are full of God's glory. If my plans and undertakings are for the glory of God, if my food and drink and all my actions are for the glory of God, then it is to me also that the words are addressed: "The earth is full of his glory" (Isa 6.3)."

Origen of Alexandria, *Homily on the Visions of Isaiah*, 4.1

The five moments of prayer

1. Praise to God through Christ by the Holy Spirit
2. Thanksgiving for God's benefits
3. Confession: recollection of sins, prayer for healing of habits, prayer for forgiveness
4. Prayer for great and heavenly things, and for one's household and interests
5. Doxology of God through Christ in the Spirit

Lectio divina

1. *Lectio*
2. *Meditatio*
3. *Oratio*
4. *Contemplatio*

Notes

Prayer Resources (smartphone apps available in app store):

<https://www.venite.app/home>

<https://www.missionstclare.com/english/>

