



# INTO THE DEEP

come to the water . . .

# RECAP – WHAT IS PRAYER?

- Prayer IS our relationship with God
- Prayer helps us live out RIM over MIR
  - Relationship
  - Identity
  - Mission
- We must take time for conversation with Christ
- Humility, honesty, consistency
- Prayer takes practice

# EXAMINATION

- How do we get our prayer time started?
- Look inward, reflect on the choices we have made throughout the day, and see where Christ was present.
- “Examine yourselves to see whether you are living in faith . . . Do you not realize that Jesus Christ is in you?” - 2 Corinthians 13: 5
- “Let us search and examine our ways that we may return to the Lord!” - Lamentations 3:40



# EXAMINATION

- This is also a way to focus our prayer
- It is always good to simply show up and be with God
- Coming into your prayer time prepared can help us enter in more and stay focused.
- Bible, spiritual reading, journal, etc.
- Use ACTS!

# ACTS

- A - Adoration
- C - Contrition
- T - Thanksgiving
- S - Supplication

# ADORATION

- Praising God for who He is as our Father, our creator, and the Lord of our lives
- Humility is required in order to worship well
- This helps us get outside of ourselves and put the focus back on God
- “Thy kingdom come, thy will be done”
- “He must increase, I must decrease” - John 3:30

# CONTRITION

- Acknowledging your sins and asking for forgiveness
- When were the times in my day where I have fallen short of virtue?
- How could I have been more Christ-like to those around me?
- Remember that the Lord is merciful

# THANKSGIVING

- Expressing gratitude for God's blessings.
- Growing a grateful heart
- Not only thankful for the things God has given you in the past, but how can you thank him today?
- He is still moving and working in us in the present moment
- "No duty is more urgent than that of returning to thanks."  
- St. Ambrose



# SUPPLICATION

- The word supplication comes from the Latin verb supplicare, which means "to plead humbly"
- Asking the Lord for what we need and praying on the behalf of others.
- Share your honest desires with the Lord
- How are we interceding for others?

# STRUCTURE YOUR PRAYER

- Adoration: 5min
- Contrition: 10min
- Meditation/Contemplation: 20-30min
- Thanksgiving: 10min
- Supplication: 10min
- Closing Prayer: 2-5min
- Remember to let the Holy Spirit lead!

# RECOGNITION OF GOD

- “At all times and in all places, God is drawing close to man.”

(CCC 1)

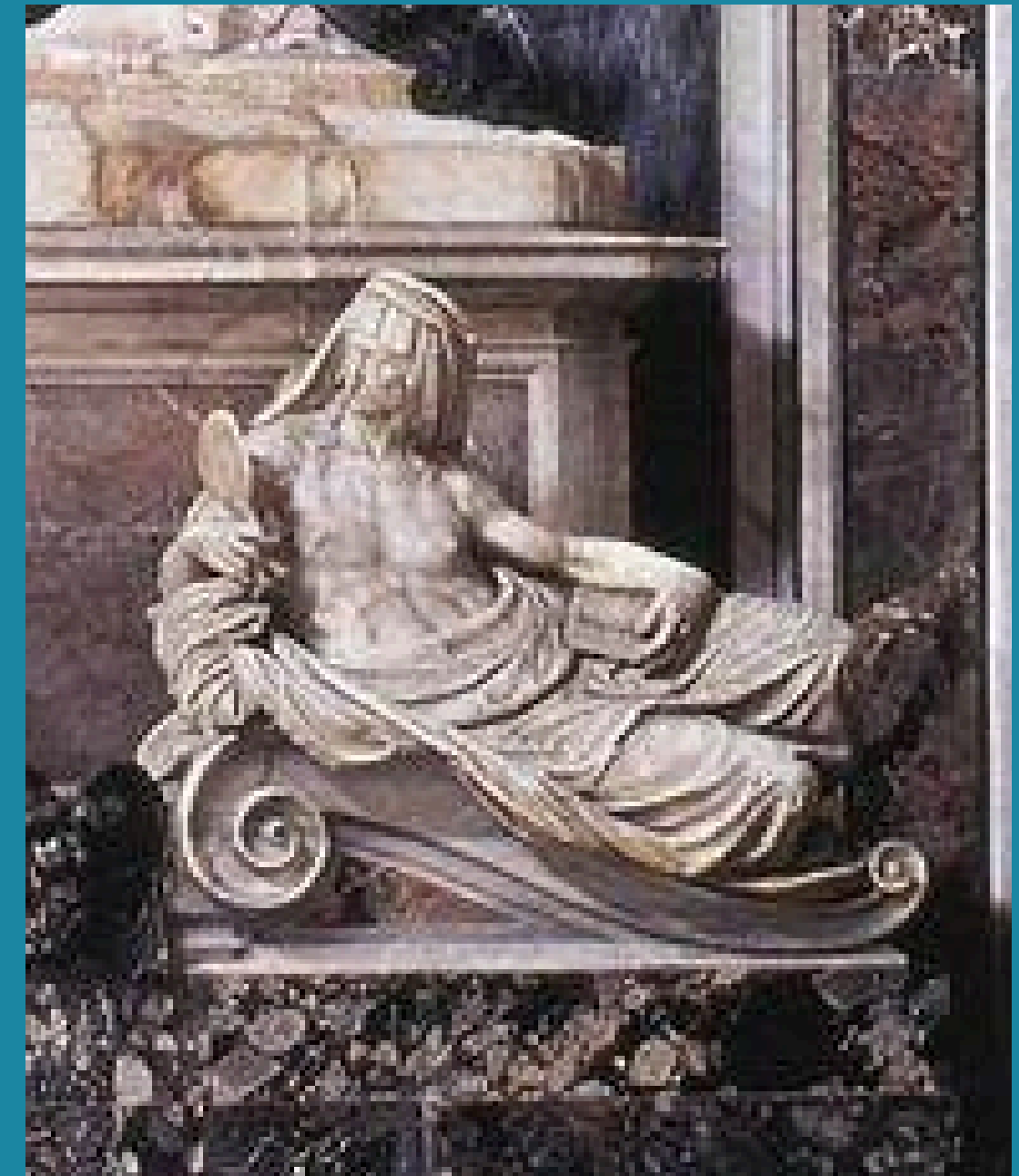
- The Lord is with us throughout our entire day whether we realized it or not
- A daily examination invites us to find the movement of God and prompts us to follow or adapt to our own character and spirit

# MINDFULNESS

- The world's definition: Being aware of one's thoughts, feelings, and sensations in the here and now.
- The Christian definition: being aware of God's presences in every moment and recognizing it as a gift from the Lord.
- One key difference here: one is focused on ourselves, while the other is focused of God.

# PRUDENCE

- Prudence is a Cardinal virtue
- often called the “charioteer” of the virtues
- It is the virtue that helps people make good decisions by discerning what is good and choosing the right way to achieve it
- Prudence involved our past present and future



SMALL GROUP  
DISCUSSION TIME