

Prayer and Spirituality – Some Resources - Father Bruce Powers - May 2017

1. **Videos - YouTube online courses** – a. Centering Prayer (Boston College) online course - Cynthia Bourgeault
b. Centering Prayer Video - Rev. Thomas Keating
2. **Spirituality Books and authors**
3. Ronald Rolheiser –
 - a. *The Holy Longing*- the Search for a Christian Spirituality
 - b. *Against an Infinite Horizon* - the finger of God in our everyday lives
 - c. *Sacred Fire* - a vision for a deeper human and Christian maturity
4. Cynthia Bourgeault –a. Centering Prayer and Inner Awakening
b. The Heart of Centering Prayer
5. Thomas Keating – a. Centering Prayer in Daily Life and Ministry –
 - b. Contemplative prayer
 - c. Intimacy with God . An introduction to Centering prayer
 - d. Open Mind, Open Heart: the Contemplative Dimension of the Gospel
6. Henri J Nouwen – a. Out of Solitude - three meditations on the Christian life
b. With Open Hands
c. The Spiritual Life: Eight Essential Titles
7. Thomas H. Green, SJ – a. Opening to God
b. When the well runs dry
c. Darkness in the marketplace
d. Weeds among the wheat: Discernment-Where Prayer and Action
8. Richard Rohr. OFM – a. Falling Upward: a Spirituality for the Two Halves of Life
b. The Divine Dance: the Trinity and Your Transformation
c. Breathing Underwater: Spirituality and the 12 Steps
9. James Martin, SJ – a. God's Voice within: the Ignatian Way to Discover God's Will
b. In All Seasons, for All Reasons: Praying throughout the Year
c. The Jesuit Guide: a Spirituality for Real Life
d. Jesus: a Pilgrimage

The Rosary - growing in the love of God

- A. **How to Pray the Rosary** – USCCB.org – Meditation on key moments in the Scriptures

B. The **Joyful** mysteries, the five **Luminous** mysteries, the **Sorrowful** mysteries, the **Glorious Mysteries**. Joyful mysteries on Monday and Saturday; luminous on Thursday; sorrowful on Tuesday and Friday; glorious on Wednesday and Sunday.- (suggested by St. John Paul II).

1. The Joyful Mysteries: The Annunciation, the Visitation, the Nativity, the Presentation, the Finding in the Temple

2. The Luminous Mysteries: the Baptism in the Jordan, The Wedding at Cana, the proclamation of the kingdom, the Transfiguration, the institution of the Eucharist

3. The Sorrowful Mysteries: the agony in the garden, the scourging at the pillar, the crowning with thorns, the carrying of the cross, the crucifixion

4. The Glorious Mysteries: The Resurrection, The Ascension, The Descent of the Holy Spirit, The Assumption, the Coronation

9. **Praying with Scripture** –“Lectio Divina” (sacred reading)- encountering God through Scripture using a specific passage from the Bible as the basis for this prayer.
– a. **Read** the Scripture thoughtfully-what does this text say? A Bible commentary may be helpful to understand the context; b. **Meditate**- what is God saying to me through the text? At this point, what you ask is whether there is something that God might want to reveal to you through this passage. Often, it might connect with something in your life. Reflect upon the meaning of the passage and read it again; c. **Pray**- open your heart and mind to what the Lord is saying to you in the passage. What do I want to say to God about the Scripture? Is God asking me to be courageous or thoughtful or sorry?; d. **Action** - what do I want to do, based on my prayer? Finally, you act. Prayer should move us to change and to act, even if it simply makes us want to be more compassionate and faithful.
10. **Praying with Scripture**- savoring and listening. A slightly different way of sacred reading or praying with Scripture is to let yourself dwell on a single word or phrase in the Scripture passage you have chosen. This allows you to “savor” the text. This works especially well with the Psalms of the Old Testament. For example, suppose your meditating on the 23rd Psalm which begins with the phrase “the Lord is my shepherd” when you arrive at the stanza, “he makes me lie down in green pastures”, you might find yourself drawn to meditating on what it would feel like to experience rest in that green pasture. If you’re a busy person, you might take the opportunity to simply relax with God. You might think about the places in your life that are green pastures for you, and thank God for them. Your prayer may lead you simply to gratitude and praise of God for blessings received.
11. God has many ways of working in our lives and communicating with us. Centering prayer, praying the rosary, the liturgy of the hours (breviary) and Lectio divina are some of them.
God can also speak to us through the Mass and the sacraments like reconciliation and anointing of the sick. God can speak to us to our friendships and relationships with other people. God can speak to us through nature and music and art. In all these moments, the voice of God is coming to us. We simply need to have an **attentive listening**. God will speak to us in the quiet of our hearts and the people, places and events of our journey each day.
12. **App – ibreviary.org** - contains the Scripture readings for the day, biography of the saint of the day, and prayer that can be used throughout the day (breviary or prayer of Christians)