

# SUNDAY SCHOOL 9/20/20

## PRAYING TO A BRICK WALL: HOW TO PRAY IN TIMES OF SPIRITUAL DRYNESS

### I. Dedicated Prayer

- 1) **Consider your mindset as you approach prayer.**
  - a. Expect.
  - b. Accept.
- 2) **Consider Thirds.**
  - a. Talk, Listen, Learn.
    - i. **Talk:** Tell God what you need, what you want, what's going on.
      1. Speak to Him directly.
      2. In your head or through a journal.
      3. What you need, what you want, what's going on.
    - ii. **Listen:** AKA Wasting time.
      1. Sometimes we'll hear something, lots of time we won't.
      2. Trust in hidden treasures.
      3. Set a timer.
      4. Do not skip.
    - iii. **Learn:** Scripture Plus.
      1. Scripture because it's encounter with the living God.
        - a. Daily Gospel or pick up a Gospel and go section by section.
      2. Plus
        - a. Spiritual Reading
        - b. Journaling about concepts
        - c. Praise, songs
        - d. Other
    - b. Go in armed.
    - c. Spice it up by changing the order.
  - 3) **Chunk it!**
    - a. Move with the Holy Spirit, stay fresh and interested and committed!
    - b. Our liturgical calendar builds this in!!!
    - c. Natural chunks:
      - i. Rest of September
      - ii. October: month of Our Lady
      - iii. November is All Saints/All Souls-Communion of Saints
      - iv. Advent starts Nov. 29. (Four Weeks)
      - v. Christmas (~2 weeks).
      - vi. Ordinary Time (~5 weeks)
      - vii. Feb. 17 is Ash Wed→Lent
  - 4) **Build a Routine. That works. That you stick to.**
    - a. Dedicated prayer time.
      - i. Commit to an amount of time each day.
      - ii. Consider when/where you will pray.
      - iii. What will your Scripture + plan be?

### II. Gospel Living. Aka: the other 23+ hours of the day

Psalm 145 for 25<sup>th</sup> Sunday in Ordinary Time

**R. (18a) The Lord is near to all who call upon him.**

Every day will I bless you,  
and I will praise your name forever and ever.  
Great is the LORD and highly to be praised;  
his greatness is unsearchable.

**R. The Lord is near to all who call upon him.**

The LORD is gracious and merciful,  
slow to anger and of great kindness.

The LORD is good to all  
and compassionate toward all his works.

**R. The Lord is near to all who call upon him.**

The LORD is just in all his ways  
and holy in all his works.

The LORD is near to all who call upon him,  
to all who call upon him in truth.

**R. The Lord is near to all who call upon him.**

Song: "Late Have I Loved You" by Gungor

Based on the prayer of St. Augustine:

Late have I loved you, O Beauty so old and so new: late have I loved you! And look! You were within me, and I was outside myself: and it was there that I searched for you. In my unloveliness I plunged into the lovely things which you created: you were with me, but I was not with you. Those created things kept me far away from you: yet if they had not been in you, they would have not been at all. You called and shouted: and broke through my deafness. You flamed and shone: and banished my blindness. You breathed your fragrance on me: and I drew in my breath and I pant for you. I have tasted you: and now I hunger and thirst for more. You have touched me: and I have burned for your peace.

### **Good Books:**

*Prayer Primer* (Thomas Dubay)-beginners

*Fire Within* (Thomas Dubay)- advancing

*Interior Freedom* (Jacques Philippe)

*Practice of the Presence of God* (Brother Lawrence)

*Drinking from a Dry Well* (Thomas Green)

*Interior Castle* (St. Teresa of Avila)