

PRAYER TECHNIQUES

NEWSPAPER PRAYER

*Taken from the book "You Can Pray" of P. Ribes, s.j.
published by the Gujarat Sahitya Prakas.*

Note:

Prayer techniques, properly speaking, are not prayer methods, but practical devices to help us either to pray alone or to help people to pray in a group.

Note:

- ✓ This is a simple prayer technique that can be used any time when you do not have any specific matter or topic on which to reflect and pray.
- ✓ All that is required is a desire to pray and a few current newspapers or dailies.
- ✓ This technique may easily lead us to prayer of intercession, petition, praise, thanksgiving, and repentance.

Procedure

- Quiet down. Remain silent for a while.
- Place yourself in the presence of God.
- Pray to the Holy Spirit for assistance.

1st. Step: TAKE ANY NEWSPAPER.

Browse over the main headings. Pick some good and bad news or any topic to pray upon.

2nd Step: Good News: PRAYER OF THANKSGIVING AND PRAISE.

Praise and thank God for any good and joyful news or for any edifying inspiring items you found in the papers.

3rd Step: Bad or Sad News: PRAYER OF PETITION AND INTERCESSION

Pray for our brothers and sisters anywhere in the world that have to suffer calamities, trials and injustices. May God give them courage; faith and strength to bear their pain. Ask the Lord to improve their condition.

4th Step: PRAYER OF PETITION AND INTERCESSION.

For Those Causing Sufferings and Evils in our World.

Pray for those who are the cause of evils, scandals and injustices that they may repent, come back to God .and be kind to the others.

5th. Step: PRAYER OF REPENTANCE OR THANKSGIVG.

Personal Examination

1. Have I in any way, in the present or in the past, been a cause of joy, peace and justice to my brothers and sisters around me?
Reflect: Accordingly, thank God for it.

2. Have I, in the past, in any way, contributed to the evils and sufferings of others?

Have I, even unconsciously, through anger, revenge, dishonesty, lust, greed, injustice, or exploitation harmed others?

Reflect: If so, be sorry for it. Ask God for pardon.

3. How can I, in future, make my home, my neighborhood, my place of work, even the world at large a better place to live?

Reflect: Think and pray. What I am going to do? (Take concrete steps)

4. As a Christian, by my words and, even more, by my behavior, what else can I do to inspire others to be more like Jesus?

Reflect: and Promise

Closure:

- End by reciting "The Our Father"
- You may meditate and sing the Hymn:

THE WOLRD STANDS IN NEED OF LIBERATION

The world stands in need of liberation, my Lord,

It still has to feel your power,

The blind and the deaf, the dumb and the maimed,

All need to feel your healing touch.

The world stands in need of liberation, my Lord,

It still has to learn to love.

There are those who have eyes but refuse to see,

Their inhumanity to men.

There are those who have ears but refuse to hear,

Their cries of pain and agony.

There are those who have mouths but refuse to speak,

Against injustice done to some

There are those who have hands but refused to reach

Them in love and charity,

There are those who have talents they do not use.

To build a true community,

And we know that we all have the talent to love

But leave it buried in ourselves.