

FIRST MODE OF PRAYER

PRAYER OF PETITION

Second Part

Exercises on Prayer of Petition.

PURPOSE OF THESE JOTTINGS

- *To know ‘what things’ we should ask God in prayer*
- *To learn ‘how’ we should make our requests to God*
- *To learn “what are the inner dispositions” required for the prayer of petition.*
- *To “evaluate” our prayers of petition.*

Note:

Here below you will find some exercises on the prayer of petition. They may help you in your personal prayer life, and also to guide others in their spiritual journey to God

EXERCISE ONE

Petitionary Prayer in the Gospel

PROCEDURE

Preparation

- Quiet your minds and hearts. Awareness and/or breathing exercises may help.
- For a while ask The Holy Spirit for light and understanding.

Instructions

- Below you will find a long list of N.T. quotations on the prayer of petition. The list has two parts:

Part (a) Instances of petitions made to Jesus, which were granted.

Part (b) Instances of petitions made to Jesus, which were not granted.

- **Study** carefully and ponder of the Gospel references down below
- Then, find **answers** to the following questions. (*As far as possible, write down your reflections*)

QUESTIONS

1. What were the circumstances of that event?
2. Who made the petition to Jesus?
3. What did he, she or they ask Jesus?
4. How did they make their petition?
5. What, do you think, were their attitudes while making their petitions?
6. What was the final outcome of their prayer of petition?
7. What could be the reason for that outcome?

New Testament Texts and referenceds of People Making Petitions to Jesus.

List (A) Jesus Said Yes!

- 1) Jn. 1/35-40 **First Disciples**
“Where do you live, Master?” (Jn. 1/38)
- 2) Jn. 2/1-11 **Wedding Feast at Cana of Galilee**
“They have no wine” (Jn. 2/3)
- 3) Jn. 4/4/26 **The Samaritan Woman.**
“Sir, give me this water!” (In. 4/15)
- 4) Mt. 8/1-4 **Jesus makes a leper clean**
“Sir, if you want, you can make me clean”. (Mt. 8/2)
- 5) Jn. 5/1-18 **Healing at the Pool**
“Sir, I do not have anyone here....” (Jn 5/7)
- 6) Lk 7/1-10 **Jesus heals the Roman Officer’s servant.**
“Sir, I am not worthy that you should come into my house”, say only a word.....” (Lk 7/6)
- 7) Mk. 4/35-41 **Jesus calms the storm.**
“Teacher, don’t you care that we are about to die?” Mk. 4/38)

- 8) Mt. 9/27-31 **Jesus heals two blind men.**
 “Have mercy on us, Son of David!” (Mt. 9/27)
- 9) Mt. 14/22-33 **Peter walking over the sea.**
 “Lord, if it is really you, order me to come out on the water to you!” (Mt. 14/28)
- 10) Jn. 6/34-47 **The promise of the Eucharist.**
 “Sir, give us this bread always!” (Jn. 6/34)
- 11) Mt. 15/21-28 **A Canaanite Woman’s Faith.**
 “Son of David, have mercy on me! My daughter has a demon and is in a terrible condition.” (Mt. 15/22)
- 12) Mk. 9/14-29 **A boy with an evil spirit.**
 “Teacher, I brought my son to you, because he has evil spirit in him...” (Mk. 9/17)
 “I do have faith, but not enough. Help me have more!” (Mk 9/24)
- 13) Jn. 11/1-16 **Lazarus.**
 “Lord, your dear friend is sick” (Jn 11/3)
- 14) Lk. 17/5-10 **Faith**
 “ Make our faith greater” (Lk 17/5)
- 15) Mk. 10/46-52 **Bartimaeus**
 “Teacher, I want to see again!” (Mk. 10/51)

LIST (B)

Jesus said “No”

- 1) Mk. 10/35-40 **The request of the sons of Zebedee**
 “ When you sit on your throne in the glorious Kingdom We want you to let us sit with you, one at your right and one at your left.” (Mk. 10/37)
- 2) Mk. 5/1-10 **In the territory of the Gerasenes**
 “Let me go with you! “ (Mk. 5/18)
- 3) Lk. 9/57-62 **They would be Followers of Jesus.**
 “I will follow you wherever you go “. (Lk 9/59)
- 4) Lk. 9/57-62 **They would be Followers of Jesus.**
 “Sir, first let me go back and bury my father.” (Lk. 9/59)
- 5) Lk. 9/57-62 **The would -be Followers of Jesus.**
 “ I will follow you Sir, but first let me go and say Good-bye to my family.” (Lk. 9/61)

- 6) Mt. 12/38-42 **The demand for a miracle.**
 “Teacher, we want to see you perform a miracle”
 (Mt. 12/38)
- 7) Mt. 12/46-50 **Jesus’ Mother and Brothers**
 “Look, your mother and brothers are standing outside
 and they want to speak with you.” (Mt. 12/47)
- 8) Mt. 14/13-21 **Jesus feeds five thousand people.**
 “It is already very late, and this is a lonely place. Send
 the people away and let them go to the villages and
 buy food for themselves” (Mt. 14/15)
- 9) Mt. 16/1-4 **The demand for a Miracle.**
 Some Pharisees and Sadducees came to Jesus...
 They asked him to perform a miracle for them to show
 God’s approval. (Mt. 16/1)
- 10) Mt. 16/21-23 **Jesus speaks of his sufferings:**
 “Peter took him aside... ‘God forbid it, Lord, he said.
 This must never happen to you! (Mt. 16/22) .
- 11) Mk 9/2-9 **The Transfiguration.**
 “Teacher, it is good to be here! We will make three
 tents, one for you, one for Moses and one for Elijah “.
 (Mk 9/5)
- 12) Lk 23/6-12 **Jesus before Herod.**
 “Herod asked Jesus many questions, but Jesus did no
 answer a word.” (Lk 23/9)
- 13) Lk 10/38-42 **Jesus Visits Martha and Mary.**
 “Lord, don’t you care that my sister has left me to do
 all the work by myself? Tell her to come and help
 me!”(Lk 10/40)

EXERCISE TWO

Your Personal Ideas about the Prayer of Petition

Give answers to the following questions. *(In writing if possible)*

1. What do you think prayer of petition is according to the Gospel teaching?
2. What should we ask God in prayer?

3. How should we petition God our needs and wants?
4. What should our inner attitudes be while making petitions to God?
5. Will God always grant us our petitions? How? Why?
6. How should we take a refusal to our petitions?

EXERCISE THREE

Personal Examination on your Prayer of Petition

1. In the past what things did you ask the Lord in prayer?
2. How did you ask them?
3. What were your inner dispositions at that time?
4. What was the outcome of your prayer? Did you obtain what you desired?
5. If you did not receive what you prayed for, did you feel disappointed, frustrated or even angry with God?
6. Did your faith grow stronger or weaker every time you prayed?
7. In future what and how should you pray?

APPENDIX

Hints on how to Practice the Prayer of Petition.

1. Trust God. He knows our needs even before we ask him'
2. Prayer of petition increases our faith...and tests it as well!
3. We ask God this or that only if it is his according to his will. (*All prayers of petition are by implication conditional.*)
4. Petition God with a "child-like" attitude An attitude of trust, confidence and love
5. Prayer of petition should be persevering.
6. Do not ask only for material things!
7. What we receive through prayer is always a free gift of God, not something He owes us. He owes us nothing!
8. Our prayer of petition should not be self-centered" " but 'God-centered'

9. Our prayer of petition should be always in plural – “our bread”
10. Our prayer of petition should always be an acknowledgement of our indigence and dependence from God