

# PRAYER TECHNIQUES

## PRAYER REPETITION *Taken from the book "You Can Pray" of P.*

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*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.

### Introduction:

- ✓ St. Ignatius believed in quality, not in quantity in matters spiritual, in a special way about prayer. What did really count for him at prayer was not how much we learned, or how much matter we covered, but how **deeply we experienced God and his truth.**
- ✓ In his Book of The Spiritual Exercises he wrote: **"For it is not much knowledge that feels and satisfies the soul, but the intimate understanding and relish of the truth."**
- ✓ In particular, at prayer time, he recommends not to cover much matter, but to stop at the point we find something relevant for us and go deeply into it.
- ✓ Ignatius also wrote: **"I will remain quietly meditating upon the point in which I have found what I desire without any eagerness to go on till I have been satisfied:"**
- ✓ He believed in repetition

### REPETITION PRAYER TECHNIQUE. WHAT IS IT?

- Repetition is the return to a previous period of prayer for the purpose of allowing the movements of God to deepen within our heart.
- Through repetition we 'find –tune' our sensitivities to God and to how He speaks to us both during prayer and through the events of our life.
- The prayer of repetition allows for an integrating experience of ourselves with God who is revealing Himself to us.
- Repetition is a way of honoring God's word communicated to us in an early prayer.
- It is a recalling and pondering on an earlier conversation with one who loves us and whom we love.
- **It is as if we say to God Tell me that again! What did I heard you saying?**
- In this follow-up conversation or repetition, we open ourselves to a healing presence that often transforms whatever sadness, desolation or confusion we might have experienced on the previous time of prayer.
- In repetition is not only the consolation - *joy, warmth, peace* - that deepens, but also the desolation - *pain, sadness, confusion* - frequently is brought to a new level of understanding and willing acceptance as God's plan for us.

### **Procedure:**

- Before you start praying, decide the length of time you want to spend in “repetition”
- Quiet down. Relax. Spend time in silence and be open to God and to his Word
- Invoke the assistance of the Holy Spirit.
- Go over the previous period of prayer or meditation you went through.
- **The period of prayer you selected to repeat should be**
- One in which we have experienced significant movements of joy or sadness; confusion or clarity; light or darkness, consolation or desolation.
- Or else, a period in which nothing seemed to have happened, due, perhaps, to our own lack of readiness at that time. .
- As a point of entry, use the scene, word, or feeling that was previously most significant.
- Allow the Spirit to direct the inner movements of your heart during this time of prayer.
- Go over the main points of the previous time of prayer and wait patiently for God’s inspirations, movements and intervention. Don’t be in a hurry Allow God to take over

### **Closure:**

- End by a Colloquy based on the matter prayed upon.
- Close down with recitation of the “Our Father”
- You may recite or sing an appropriate hymn or Psalm.