

Getting more out of Mass:

Liturgy and Devotion: A question of legitimate expectations.

In regard to:	Liturgia	Devotio
Definition	The public, universal worship of the Catholic Church	My private prayer
Examples	Mass, Liturgy of the Hours, the 7 Sacraments	
Form		spontaneous
Focus	Together on God	
Words used	Those authorized by the Church	
Body posture?		Whatever!
Others present?		
Time limit?	YES! At 60 minutes people begin to wish they weren't Catholic	
Location?	Always [a few exceptions] in a sacred space.	Anywhere/everywhere
Emotional, sentiment involvement?		Necessary
Periods of self-reflection, self-expression, long periods of silence?	Not really.	
Ordered to	Our duty before the Trinity	God and me.
If not present in one's spiritual life:	No liturgia? Spiritual life becomes....	No devotio? Spiritual life becomes...
Getting something out of it:	Word of God and Eucharist: the stuff of salvation. Sanctifying grace.	Hope so.

Daily Prayer Accountability: mark off each day that read the daily Gospel.

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6. TRACKING through Scripture.

Read the daily Gospel and ask these questions. Your prayer time consists in going over each point.

T - is there a Truth of our Faith shown here?

R- is there a reward or promise highlighted?

A - any examples to follow or avoid?

C - something about Christ? What does he say or do?

K - something about the Kingdom to come?

I - an infraction or sin to avoid?

N - is there a Note that I should be giving to someone else? Someone I know?

G - what am I going to do now that I have read this passage? What is my challenge?

This is a great prayer format for when you are rushed or seem too busy to pray.

7. Lectio Divina "divine reading"

is a way of praying the Scriptures in which we slowly let God guide and direct us. It is very ancient. There are 5 steps.

The first step is lectio (reading). Read the selection aloud slowly and with a calm attitude. What does it say? Let it sink in.

Second, we enter into meditatio (reflection) when we actively think about the text: what does it mean? What is God saying?

The third step is oratio (response) is when we put studious thinking aside and talk interiorly to the Lord in praise, thanks, repentance and petition.

The fourth step is contemplatio (rest) when we let go of our own ideas, plans and meditations and even our words and thoughts. We simply rest in God's Word. We listen at the deepest level of our being. God speaks with a still small voice. As we listen, we are gradually transformed from within.

Lastly, this should lead to action. Let Him guide you in how to live out what He has shown you in action.

Praying with Scriptures

7 common methods.

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St. Patrick Church,

Columbus, Ohio

These are 7 of the most common ways to pray over selections from the Bible. Use them daily - especially with the readings

from Mass. In all of them, begin by entering into the presence of God.

1. Divine Radiation Treatment

This works best either before the Eucharist or with a knowledge of where the closest tabernacle is located. Read over a section of the Scriptures. Then read over it slowly as if it were the medicine needed to remove some great disease. Go slowly, let each word sink in, and do not rush at all. Let God show you how this reading can come alive. This method stresses keeping mentally silent and letting the Spirit lead you to see the Truth.

This is good when we don't have the words!

2. Homily Moment Prayer

Imagine the priest at Mass looked at you and said, "I did not prepare anything for the homily today. YOU [pointing at you] give it." What would you say. Individually or in a group/family read the readings and ask "What would you want me to preach on, Lord?" How do the readings challenge you? What examples can you bring to mind to illustrate the point you want to make?

Can you do this in "three points?" Ask God to lead you in this.

This is very good for families.

3. The ABC Bible Study

Find the verses that you want to study and pray about. On a sheet of paper put the letters A to E and then fill in these blanks.

A. A Title - how would you title this passage?

B. Best verse that demonstrates that title?

C. the Challenge to embrace that is coming from this verse. What challenge can you derive from this? The more specific action, the better.

D. Are there any apparent difficulties for your faith that this passage brings out? Any contradictions or doubts?

E. Are there any examples to follow or to avoid?

This works very well for group Bible Study.

4. The Rosary

Is also a great way to meditate on Scripture. Get a mental image of the mystery [which

are all based on 20 events in the Bible- in the life of Jesus and Mary]. Then, for the "time" of one decade of the rosary, mentally meditate on that scene.

5. A prayer time using the Psalms.

Adoration – Give praise and glory to God for all His love and wondrous works (use Ps 145-150)

Contrition – With a repentant heart, ask God to forgive all your sins and failings (Ps. 6, 32, 38, 51, 102, 130, or 143)

Thanksgiving – Give thanks to God for all gifts and blessings you have received. Recount His blessings. (Ps 100, or 136)

Supplication – Petition God for whatever you need, no matter how great or small. (Ps 5 or 17)

Intercession – Pray also for others, for their spiritual good, their material and physical needs (Ps 1, or 122)

Find other psalms to help give words to each of these parts of prayer.

"We have been given Sacred Scripture so that God and man may talk together;

Form disciples/yourself AS Jesus did the Apostles:

Supernatural Life <i>Development of the interior, spiritual life of grace</i>	Formation of the Apostles <i>Their developing life of grace</i>
1st Conversion: Baptism or Entry/Birth into Christ	1st Conversion: They were called; they left all to follow Jesus.
Purgative Stage of the Beginner	They listened, watched and learned from the miracle-worker teacher Jesus in His earthly ministry.
2nd Conversion: Night of Senses	2nd Conversion: They lost Him! A profound and passive purgation – and darkness – came upon them. The dark Night of the Passion and death of Jesus, and their own vulnerable weakness pierced them to the heart.
Illuminative Stage of the Proficient	They learned, they were illuminated anew, now by the resurrected and glorified Lord Jesus Christ!
3rd Conversion: Night of Spirit	3rd Conversion: He ascended out of their sight, and company. Again, they were alone: a deeper Night, a deeper purgation came upon them.
Unitive Stage of the Perfect	The promised Holy Spirit came upon them, and within them, with power from on high. Now they were as they were called to be: the light of the world – He in them, and they in Him.

1Cor 3:1-3 But I, brethren, could not address you as spiritual men, but as men of the flesh, as babes in Christ. I fed you with milk, not solid food; for you were not ready for it; and even yet you are not ready, ... for you are still of the flesh.

Heb 5:11-14 About this we have much to say which is hard to explain, since you have become dull of hearing. For though by this time you ought to be teachers, you need someone to teach you again the first principles of God's word. You need milk, not solid food; For everyone who lives on milk is unskilled in the word of righteousness, for he is a child. But solid food is for the mature, for those who have their faculties trained by practice to distinguish good from evil.

Heb 6:1 Therefore, let us leave the elementary doctrine of Christ, and go on to maturity, not laying again a foundation of repentance from dead works and of faith toward God...

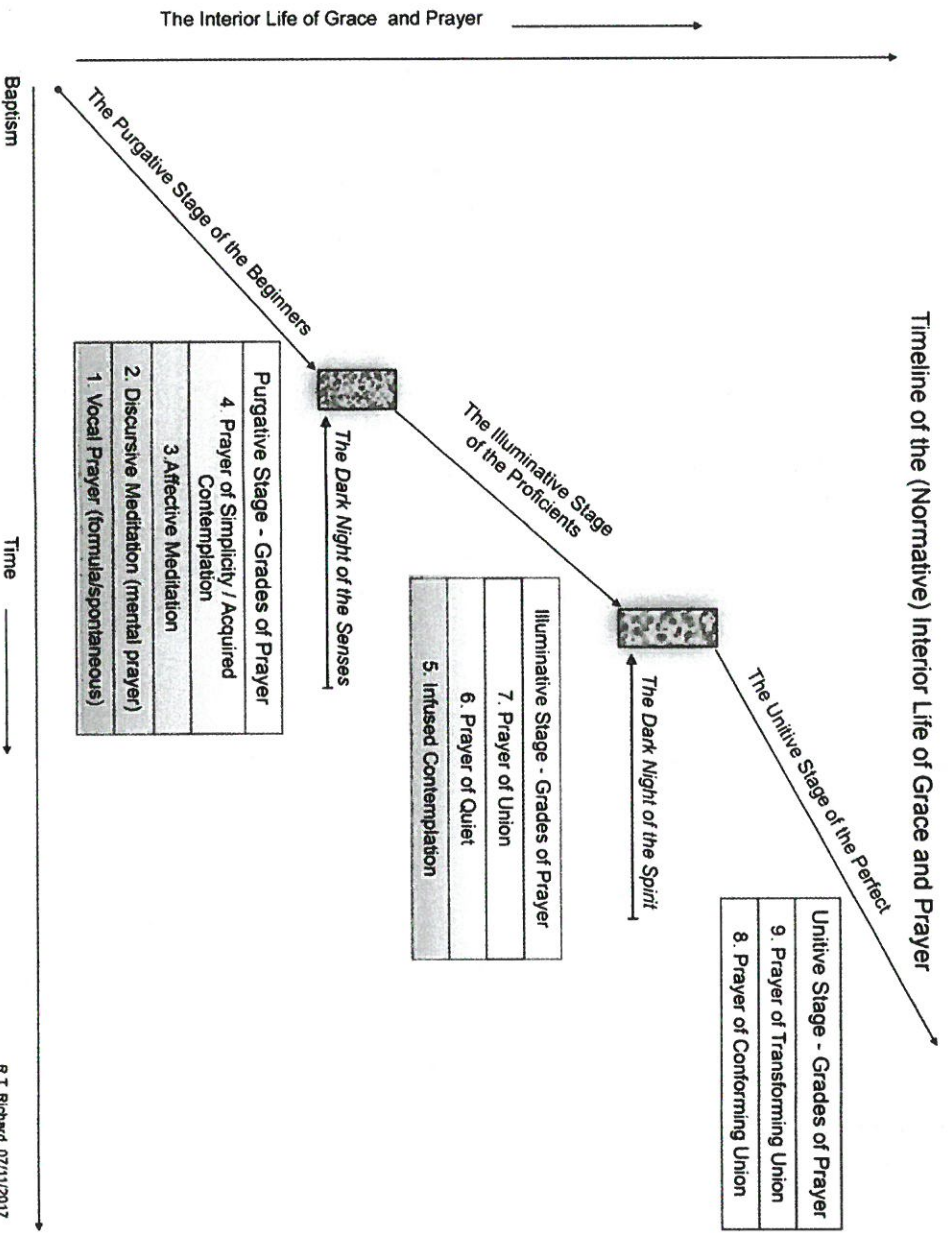


Figure 1, The Three Stages, with the grades of prayer appropriate to the stages of the interior life.

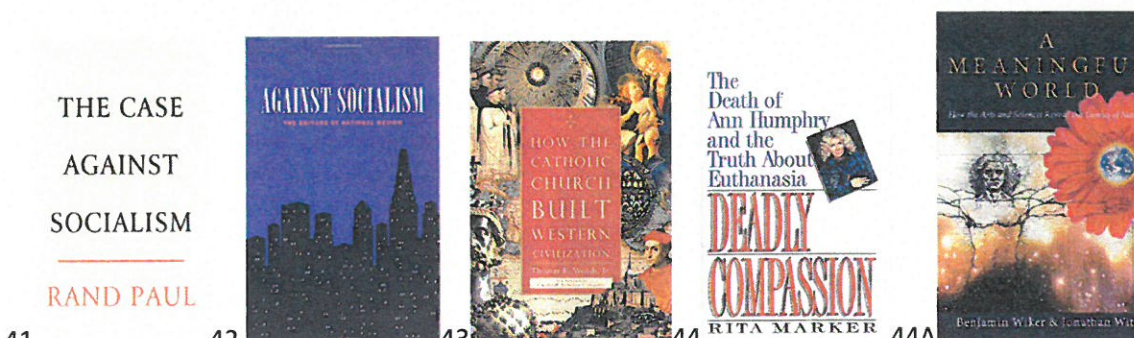
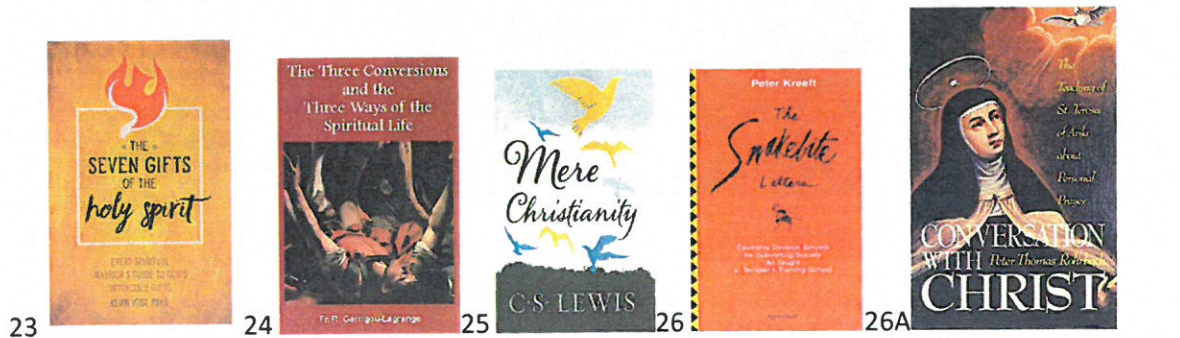
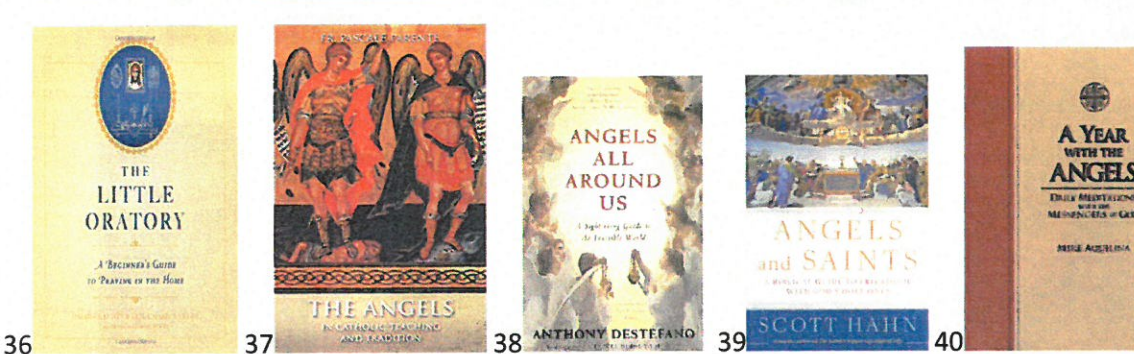
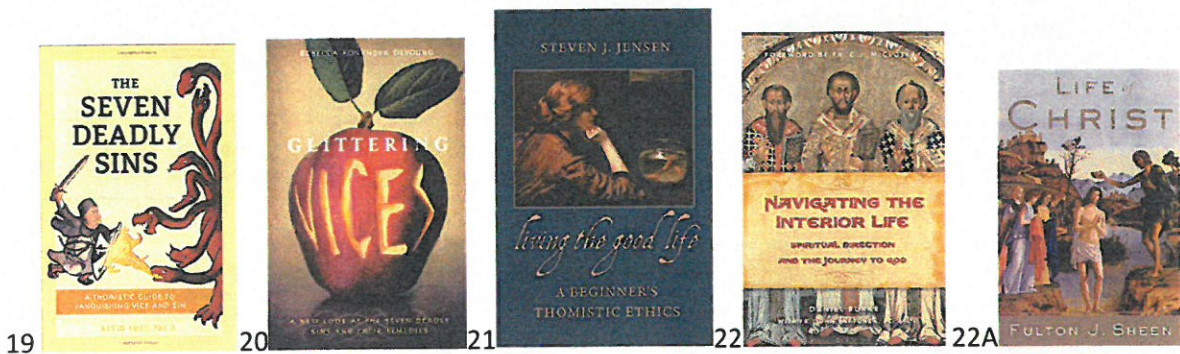
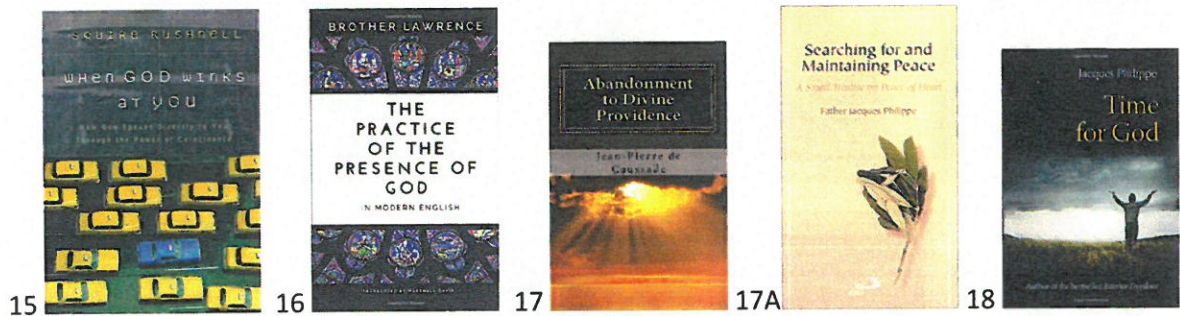
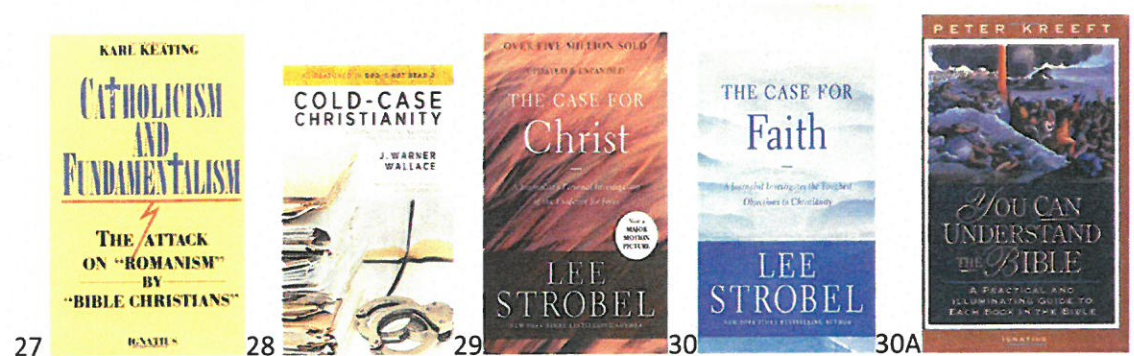
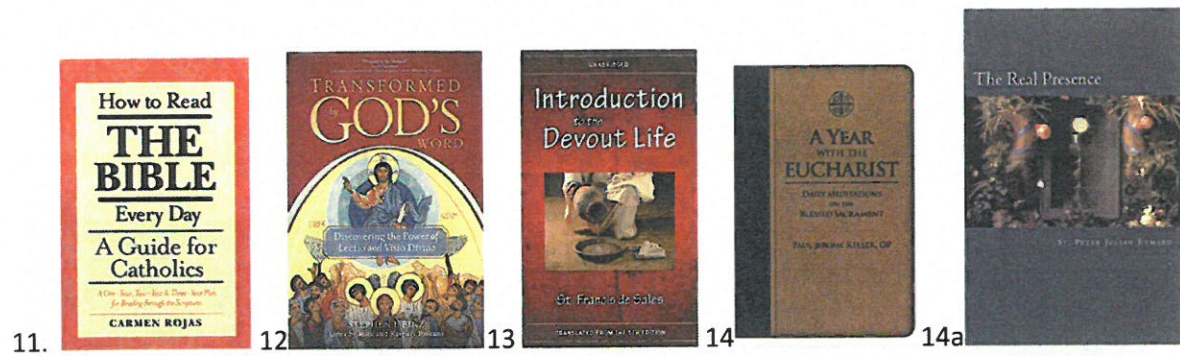
RE:

Love: mercenary love -----> duty love-----> filial/Love Divine.

Service: a chore -----> a personal service to another -----> imitation of Christ

Suffering: something to be endured -----> A time to trust-----> Reparation w/ Christ.

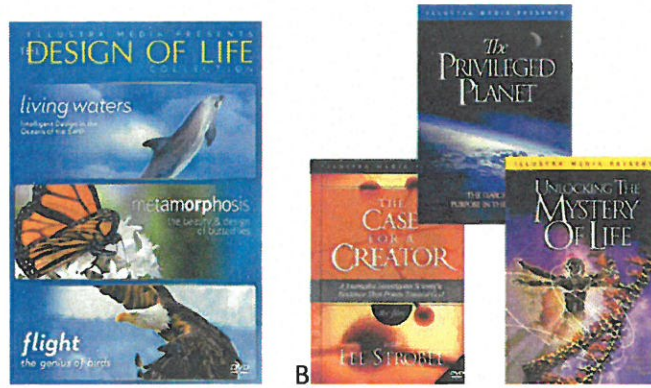
Our Plans: Hopes, that God agrees w -----> Ways we intend to serve -----> obstacles to His will.



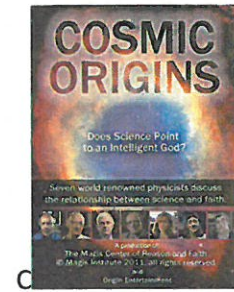
Fr. Thomas Blau OP's

Recommended Readings and DVDs.

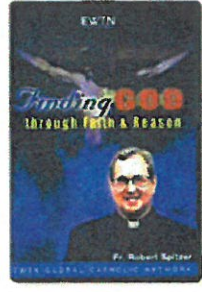
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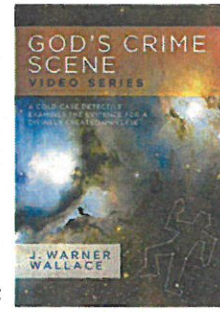
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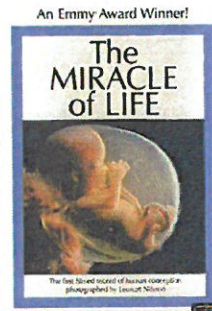
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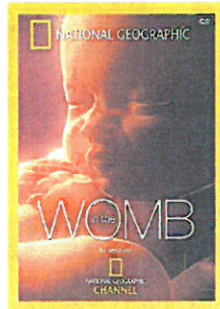
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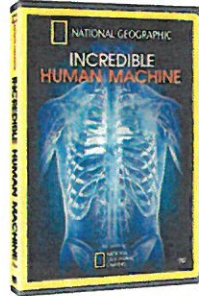
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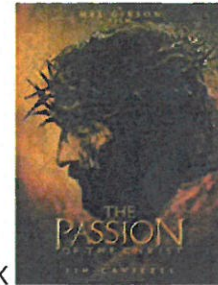
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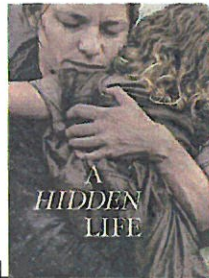
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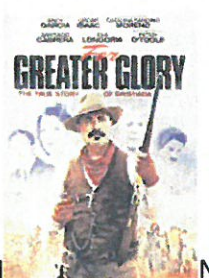
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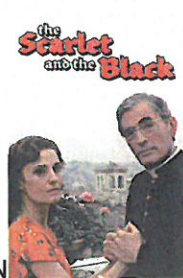
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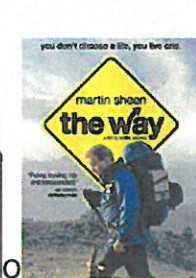
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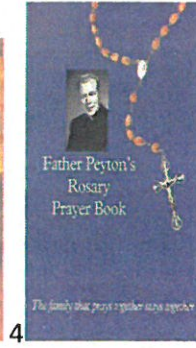
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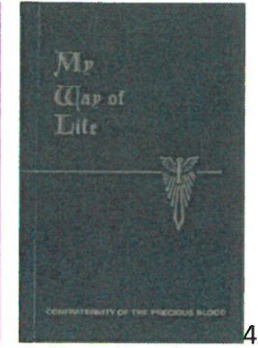
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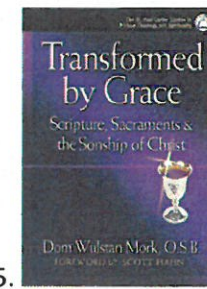
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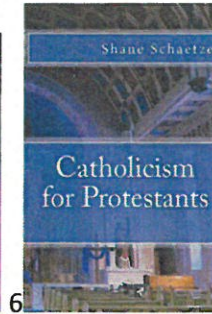
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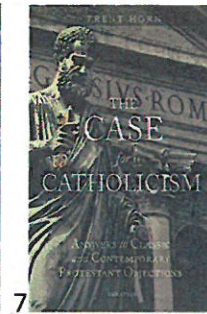
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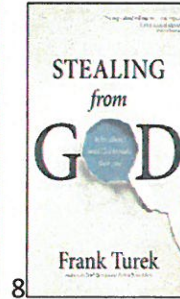
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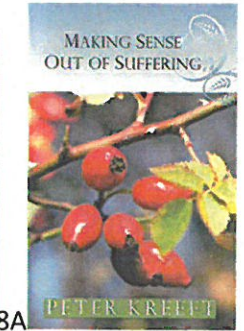
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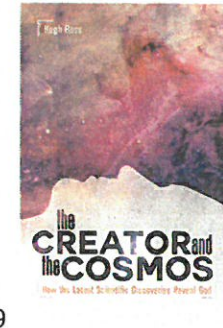
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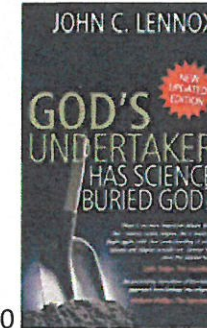
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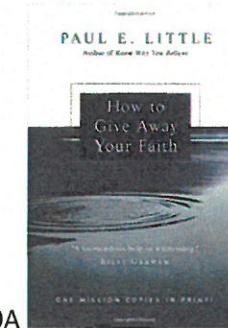
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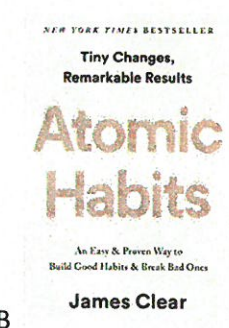
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