

## Kingdom Builder Notes for April 11, 2019

St. Padre Pio - "Prayer is oxygen of the soul"

St. Teresa of Avila Prayer

- Well
- Garden
- Water Wheel
- Rain Shower
- Beginning her prayer with, "Come, Holy Spirit, Come"

Prayer does not have to be perfect

- "Perfect prayer does not consist of many words, but in the fervor of the desire which raises the heart to Jesus." St. Mother Teresa of Calcutta
- Example of St. Bernadette
- Examples of embracing prayer wherever we are at.
- **John 19:26-27** "When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, 'Woman, behold, your son!'. Then he said to the disciple, 'Behold, your mother!'"
- Mama Mary (she is your mama too) delights in cleaning them up and offering them to the Father.
- Satan will accuse us not praying well. He is the father of lies. Ignore him. Pray anyway.

How do you overcome being distracted easily?

- YouTube Rosary (changing images with each Hail Mary) -  
**[https://www.youtube.com/watch?v=Uspbix\\_1P3M](https://www.youtube.com/watch?v=Uspbix_1P3M)**
- Insert someone's name in prayer or in bible verse.
  - ". . . Holy Mary, Mother of God, pray for Fr. Dan, now and at the hour of his death. Amen."
  - "My soul is sad, even unto death. Wait here and watch with Me, Mary Jo." (Matt. 6:38)
- Scripture Rosary (I didn't even know what this was until about 5 years ago)
  - Outside of the Mass and Eucharistic Adoration . . . this is Mary Jo's most powerful form of prayer.
  - Example:
    - "And bending the knee before Him they mocked Him, saying, "Hail, King of the Jews!" (Matt. 27:29) HAIL MARY
    - "And they spat on Him, and took the reed and kept striking Him on the head. (Matt. 27:50) HAIL MARY
- Visualize yourself being in the mystery with Jesus and comforting Him.
  - God is outside of time/space so we can comfort Jesus now . . . and He would have known it back then. (Consoling the Heart of Jesus by Fr. Gaitley)
  - Story of my professor at Indiana Wesleyan
  - Story of my kidney stone and epidural
- Lectio Divina (Divine Reading): Visualize being there in the bible verse. Use your senses.
  - We will have a whole night of Lectio . . . but if curious, please check out back of planner for steps.
  - I just need to say this . . . if you feel like your prayer consists of a one-way conversation and you are seeking your Father's voice . . . you will find it here. There is a podcast series on Formed called "Into the Desert: A Lenten Study on Prayer" that has been one of the greatest resources I have found on Lectio Divina. Please check it out. Go to Formed.org or download the Formed app to your phone. Our Parish Membership Code is 4PGDMC.

### **Matthew 6:5-13**

#### *Teaching About Prayer.*

“When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward. But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you. In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him.

#### *The Lord’s Prayer*

“This is how you are to pray: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread; and forgive us our debts, as we forgive our debtors; and do not subject us to the final test, but deliver us from the evil one.”

### **Psalm 23**

The LORD is my shepherd; there is nothing I want. In green pastures he makes me lie down; to still waters he leads me; he restores my soul. He guides me along right paths for the sake of his name. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff comfort me.

You set a table before me in front of my enemies; You anoint my head with oil; my cup overflows. Indeed, goodness and mercy will pursue me all the days of my life; I will dwell in the house of the LORD for endless days.

### **Luke 1:37**

“for nothing will be impossible for God.”

*“Prayer is nothing more . . . than spending a long time alone . . . with the One I know loves me.”  
St. Teresa of Avila*

**Next Kingdom Builders at St. Vincent’s: Thursday, May 9<sup>th</sup>**

**Next Kingdom Builders at St. Charles: Wednesday, May 15<sup>th</sup>**