

## **Further Counsels on Prayer:** “To find more readily what one desires.”

1. “Prayer and the body”
  - a. Choosing our best position can help us pray.
  - b. So can closing our eyes or focusing on a picture, statue, or crucifix.
2. “There I will rest.”
  - a. When I find what I desire, there I will rest, without anxiety to move forward until I am satisfied. Quality over quantity.
  - b. Remaining in the grace of God meeting our desire is spiritual freedom and wisdom.
3. “Struggles in prayer”
  - a. The pianist, the athlete do not begin as masters, prayer is similar - practice, faithfulness to it, and grace will help us become better.
  - b. Perseverance and God’s grace yields rich spiritual fruit.
  - c. There is also growth in dryness - persevere in faithfulness and trust.
4. “Growth in Prayer”
  - a. Growth is gradual
  - b. Perseverance is essential
  - c. Patience with God and with ourselves
  - d. Prayer is like a mustard seed (Mt 13:31-32).
    - i. <sup>31</sup> ¶ Another parable he put before them, saying, “The kingdom of heaven is like a grain of mustard seed which a man took and sowed in his field; <sup>32</sup> it is the smallest of all seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.”<sup>1</sup>
5. “Accompaniment in Prayer”
  - a. A knowledgeable person can help us see God working through our prayer.
  - b. They help us be accountable.
  - c. Sense of community

## **The Fruits of Prayer**

- ❖ Healing
- ❖ Encountering Jesus
- ❖ Finding hope for the re-shaping of the past
- ❖ Drawn into the liturgical season and the Church’s wisdom
- ❖ Unites the Gospel to daily life
- ❖ More silence
- ❖ More and better discernment
- ❖ Listening to God
- ❖ More aware of His abiding presence

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<sup>1</sup> [\*The Holy Bible\*](#). (2006). (Revised Standard Version; Second Catholic Edition, Mt 13:31–32). San Francisco: Ignatius Press.

- ❖ More peace
- ❖ More loving
- ❖ Knowing we are loved
- ❖ Lightening the burdens
- ❖ Greater awareness of God closeness
- ❖ Experience of Jesus as Savior
- ❖ Gradual transformation

Prayer is a mingling of human effort and divine grace. These methods are meant to help dispose our hearts (us) to prayer.