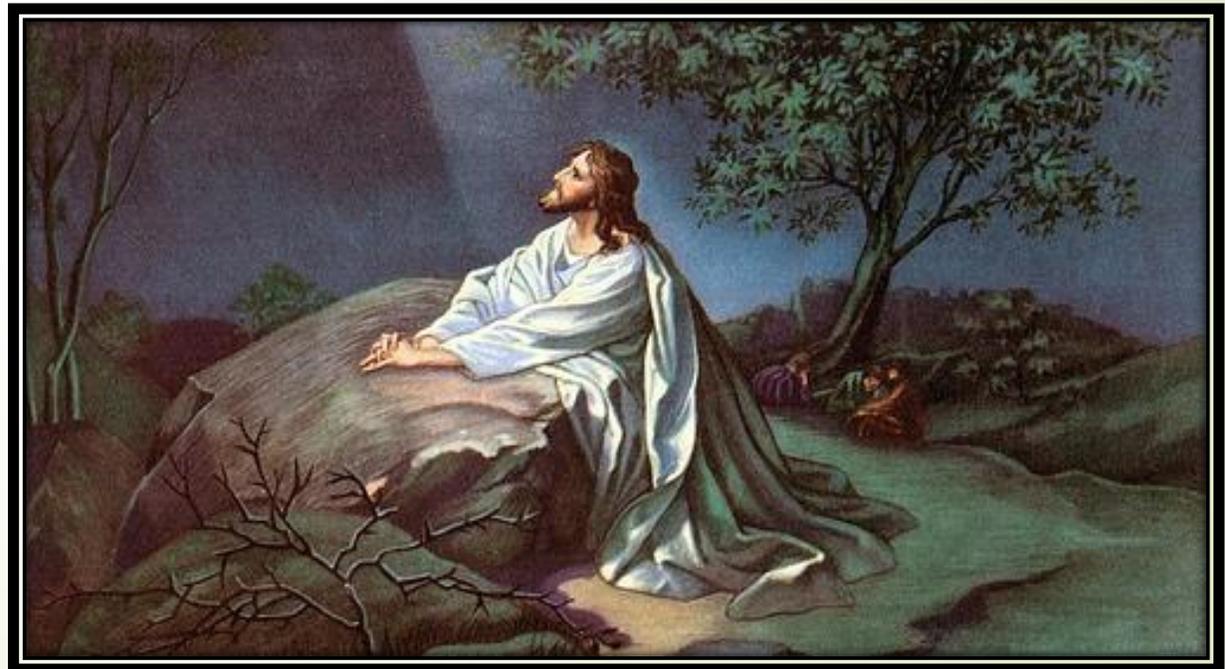


The Franciscan Journey

Chapter 16

By Lester Bach OFM Cap

When You Pray



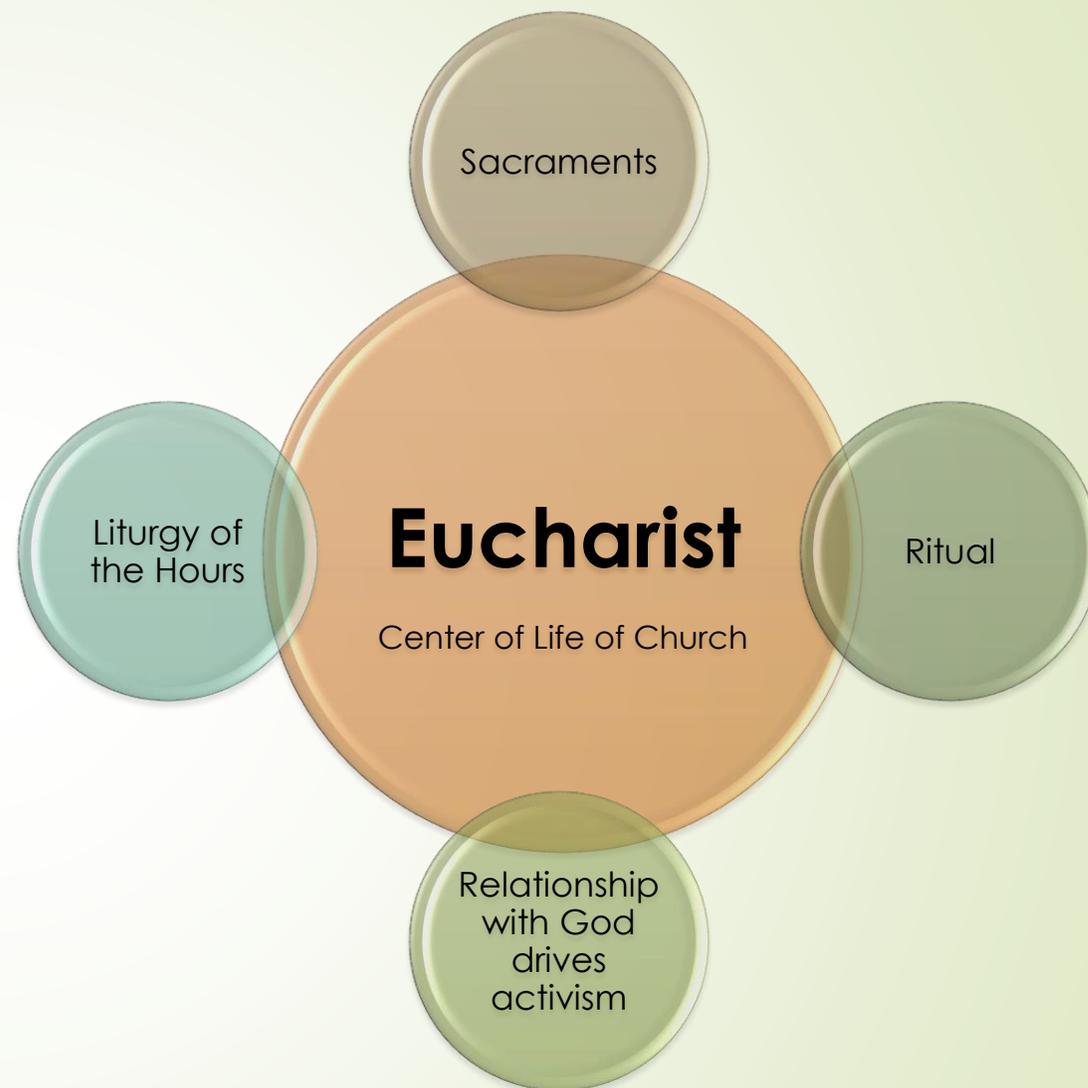
Jesus was a true Worshipper of the Father

Rule 8 – Brothers & sisters should seek to discover the presence of the Father in their heart, in nature and in the history of humanity in which His plan of salvation is fulfilled. (Const. Art. 12.3)

We must commit ourselves to faith-inspired reflection on the Church & its mission in the world today...And the Role of Franciscan Laity.

We need to take up the challenges and responsibilities with prayer and reflection.

Rule 8 – The Eucharist is the center of the life of the Church, should be the center of the life of the fraternity



SFO Constitution – Personal & Public Prayer

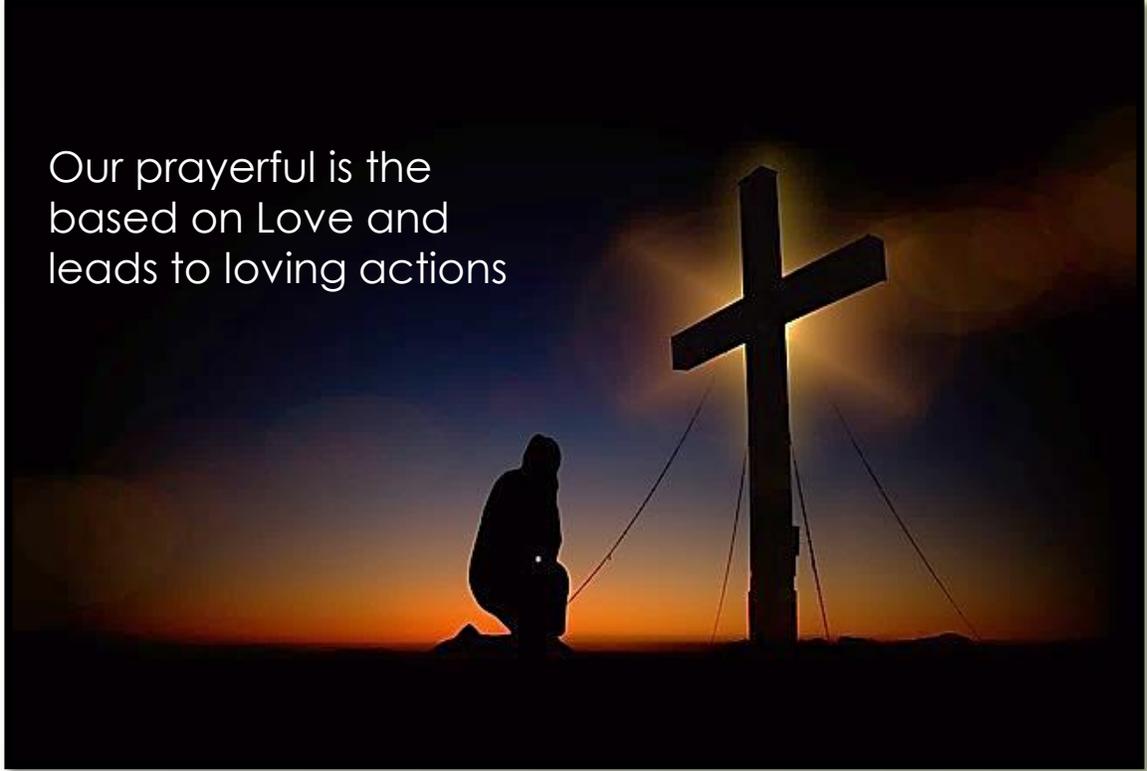
Contemplation is normal prayerful stance for Franciscans – adoration, scriptures, silence and recollection

Trinity calls us to unity through prayer

Eucharist is the center of our lives. It is a sign of love for the Church as well as love for the Eucharist

Liturgy of the Hours unites us to the universal Church. Use it for personal prayer and fraternity prayer, Given priority in the constitution but use it with sensitivity and a prayerful spirit.

Ritual of the SFO – Offers models for prayer & celebration



Our prayerful is the
based on Love and
leads to loving actions

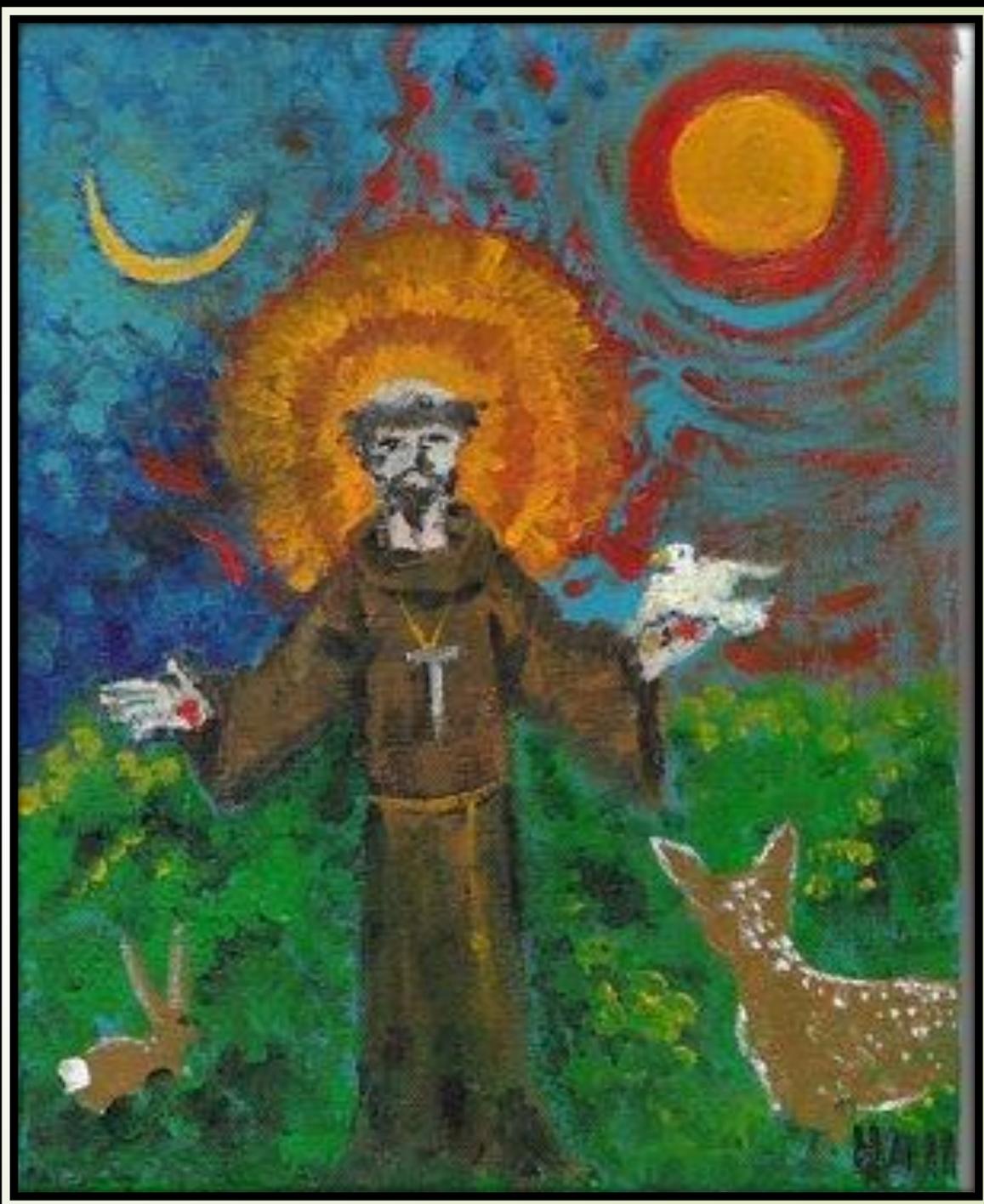
T

Francis awareness of God's love,
he saw all of God's creation as
good

Lady Poverty moved him to
embrace the wonder of the
created world without the need to
"possess" it

His relationship to the Trinity bought
him a sense of gratitude for all that
God shares with us

How do we achieve this intimacy?





God's love is not Dominating, but Approachable

- From the humility of the Crib to the vulnerability of the Cross
- Jesus is not a stern judge, but welcoming Son, seated at the right hand of a loving Father
- Like the Father of the Prodigal son, welcoming us when we fail – delighted with us when we return
- Francis, like Christ, was willing to give his life for the sake of others – the result of a prayful spirit



Rule 5 -
Encounter the
living & active
spirit of Christ
in our brothers
& sisters, in
Sacred
Scripture, the
Church & in
the liturgical
activity



Initiating
conversation
with God

- Need not enter scriptural prayer with wants & needs

Encounter
God in the
living word

- Listen with an open heart without a personal agenda

God speaks
to us

- Has the power to change our lives – transforms us

Our prayfulness opens the door to hearing the message of the Word.

Holy Spirit opens our lives to the desires God has for US

- **Holy Scripture**, God's Word is the foundation for **Lectio Divina**
- This prayer responds to the scriptural word and invites you to a quiet space
- Can be prayed both privately & in a group
- Gives God freedom to speak openly to US



Liturgy of the Hours – Divine Office Universal Prayer of the Church

The 4-Volume Liturgy of the Hours This set of books is composed of four volumes:

Volume 1: Advent Season, Christmas Season

Volume 2: Lenten Season, Easter Season

Volume 3: Ordinary Time, Weeks 1-17

Volume 4: Ordinary Time, Weeks 18-34

➤ The **4-Volume Liturgy of the Hours** has the complete Divine Office.

It allows one to pray the following:

- * Invitatory
- * Office of Readings (*with First and Second Readings for each day of the year*)
- * Morning Prayer
- * Daytime Prayer (*divided into Midmorning Prayer, Midday Prayer & Midafternoon Prayer*)
- * Evening Prayer
- * Night Prayer

Moreover, this series provides prayers and instructions for the various holy days on the liturgical calendar, the Commons for all the different kinds of holy days (i.e., Common of the Blessed Virgin Mary, Common of Apostles, Common of Doctors of the Church, etc.), the Office for the Dead, and an appendix section which contains additional readings, prayers and poetry. The 4-Volume Liturgy of the Hours provides the lyrics of hymns, but not music notation.



LITURGY OF THE HOURS?

The Divine Office or **Liturgy of the Hours** is the set of prayers (psalms, hymns, readings and other prayers) that the Church has put together to be prayed during different times of the day.



OFFICE OF READINGS
After midnight



VESPERS
When evening approaches



LAUDS
At sunrise, before 9AM



COMPLINE
At nightfall, before bedtime



MINOR HOURS:
• Prime: Aprox. at 6AM
• Terce: Aprox. at 8AM
• Sext: Aprox. at 11AM
• None: Aprox. at 2PM

There is no need for the laity to pray all the hours. You can reduce the office to: the **Lauds** before going to work and **Vespers** after work.

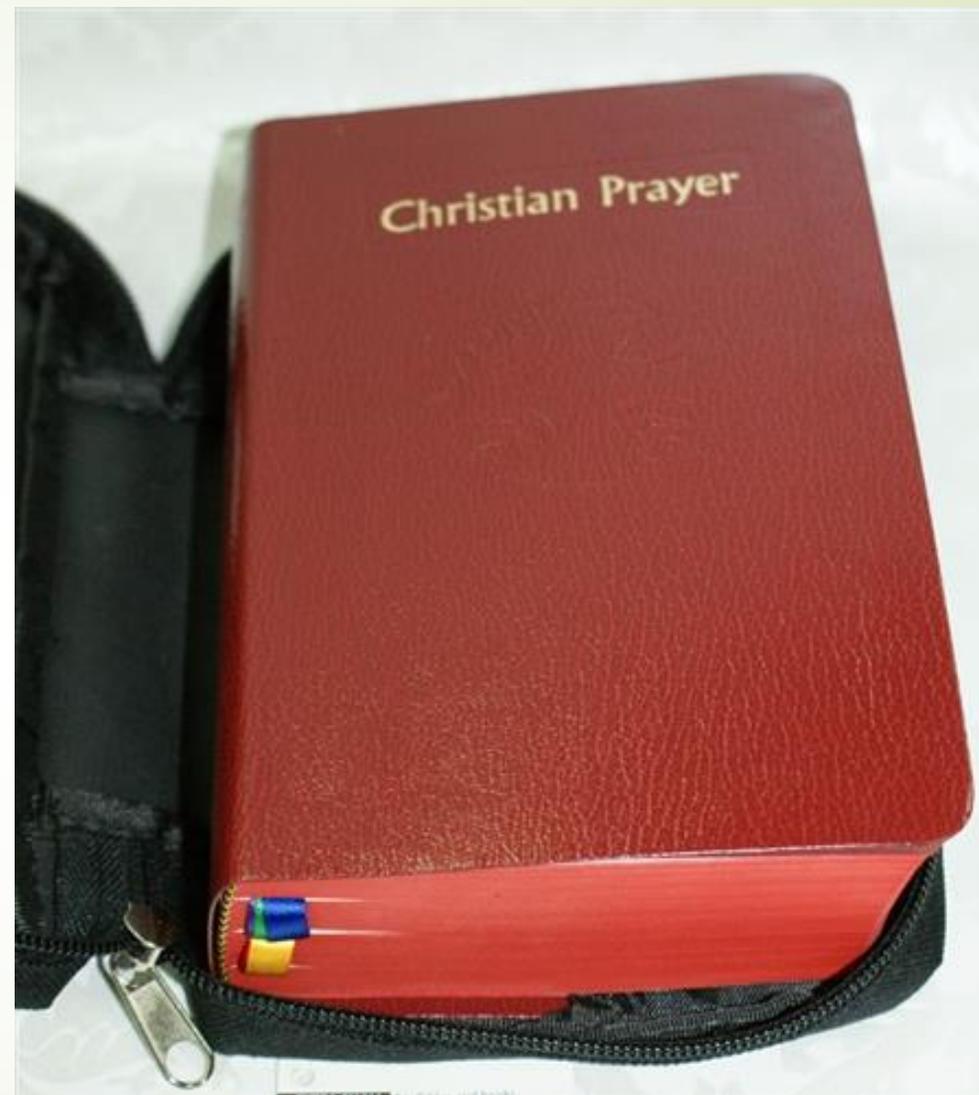
Liturgy of the Hours – Christian Prayer Book

► Christian Prayer

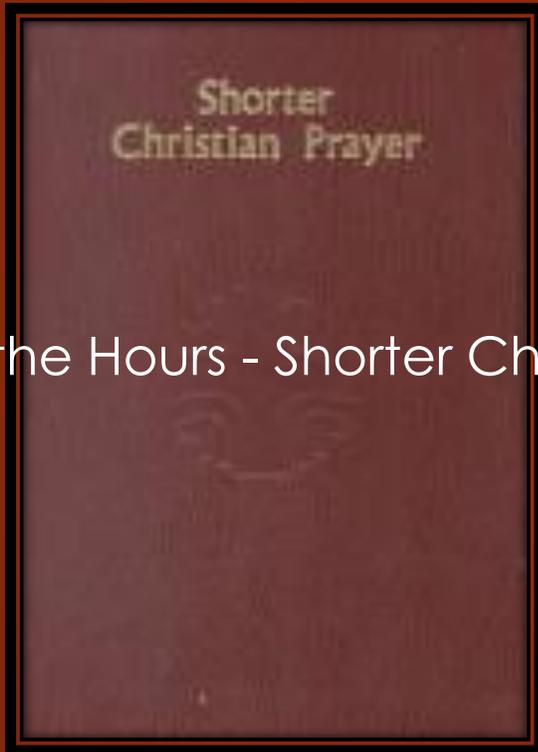
► This is a **single volume book**, representing an abbreviated version of the 4-Volume Liturgy of the Hours. With Christian Prayer, a person is able to pray the following:

- * Invitatory
- * Office of Readings: *An abbreviated version of the Office of Readings is provided, giving prayers for the 4-Week Psalter and a small selection of First and Second Readings, categorized according to liturgical seasons. Additional Second Readings are also provided for some of the main Commons (for example, Common of Apostles, Common of Martyrs, etc.).*
- * Morning Prayer
- * Daytime Prayer: *This is an abbreviated version of Daytime Prayer. Simply put, it is taken from Week One of the 4-Volume LOTH's Psalter. So whereas a person with the 4-Volume LOTH can prayer Daytime Prayer in the four-week cycle of the Psalter, those with Christian Prayer pray the same week over and over. Nevertheless, Christian Prayer also provides separate readings for Midmorning, Midday & Midafternoon, as well as a Complementary Psalmody (with one set of substitute psalms for Midmorning, Midday & Midafternoon).*
- * Evening Prayer
- * Night Prayer

With Christian Prayer, one is also provided with prayers and instructions for the various holy days on the liturgical calendar, the Commons for all the different kinds of holy days (Common of the Blessed Virgin Mary, Common of Apostles, Common of Doctors of the Church, etc.), the Office for the Dead, and a small selection of poetry. Christian Prayer contains a hymn section providing both music notation and lyrics for the various songs used in the Liturgy of the Hours.



► Liturgy of the Hours - Shorter Christian Prayer



Shorter Christian Prayer

This is a single volume book, being an **extremely abbreviated** version of Christian Prayer. Shorter Christian Prayer allows one to pray the following:

- * Invitatory
- * Morning Prayer
- * Evening Prayer
- * Night Prayer

In terms of holy days, with Shorter Christian Prayer one is provided with prayers and instructions for Solemnities and some of the most prominent Feasts.

Other Feasts as well as Memorials, Optional Memorials and Commemorations are not included, except for the Memorial of the Blessed Virgin Mary on Saturday (which is an Optional Memorial for Saturdays in Ordinary Time). Moreover, Shorter Christian Prayer has the Office of the Dead and a section of lyrics for the hymns (but not the music notation).

Goal of Prayer – Greater Intimacy with Jesus



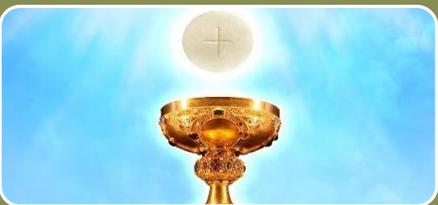
Liturgy of the Hours - Prayer of the Church

- Brings us to Scripture in common recitation of psalms & readings



Lectio Divina

- Can lead our prayfulness



Eucharist

- Community prayer of praise & thanksgiving



Contemplative, Reflection

- Reflection in the quiet beauty of creation can gentle our spirit

The Magnificat

Praise & Trust in God

- My soul magnifies the Lord And my spirit rejoices in God my Savior;
- Because He has regarded the lowliness of His handmaid;
- For behold, henceforth all generations shall call me blessed;
- Because He who is mighty has done great things for me, and holy is His name;
- And His mercy is from generation to generation on those who fear Him.
- He has shown might with His arm, He has scattered the proud in the conceit of their heart.
- He has put down the mighty from their thrones, and has exalted the lowly.
- He has filled the hungry with good things, and the rich He has sent away empty.
- He has given help to Israel, his servant, mindful of His mercy
- Even as he spoke to our fathers, to Abraham and to his posterity forever.

Luke 1: 46-55



Eucharist - Common Praise & Thanksgiving to God

Celebrated with Dignity

- God's word moves us to solidarity with the world's poor
- Develop openness to needs to the world around us
- Holy Spirit prompts us to work at building the Kingdom of God
- Welcoming attitude calls us to change structures of society that betray human dignity
- People with power are called to use their power to promote human dignity & work for the common good



All Welcomed to Table of the Lord

Fruits of Holy Communion

- Deeper union with Christ
- Closer identity with all faithful
- A commitment to the poor
- Pledge of future glory
- **Eucharistic Spirituality is the development of a loving Christian community**
 - It flows from Love with which the Trinity empowers the community gathered in praise & gratitude
 - Flows back to the community to support its way of loving within the world, especially with compassion and justice



Eucharist is Root of Holiness - Unifying

- ▶ Courtesy invites us to conform to the ritual actions of the celebrating community (i.e. kneeling, bowing, standing, receiving communion)
- ▶ We are “**one-with**” and do not “**stand out**” by personal ritual choices at the Eucharist
- ▶ We are sensitive to the unifying role of the Eucharist
- ▶ Ongoing formation can help us enrich our understanding of the Eucharist

