



We are people of prayer

Oh, God, you have called us to be people of prayer after the example of Francis & Clare...

-- May our lives of prayer be our source of strength in serving the people of God.

Francis' Prayer Changed Him...



The encounter with Christ, as other, gave Francis a new openness and freedom. Embraced by the compassionate love of God, Francis was liberated within and went out to embrace others in love.

- St. Bonaventure

Do my prayer encounters change me like they did for Francis?

Prayer is personal and takes many forms
... most beloved - becomes easy to make them routine ...
Our Father and Hail Mary



- Am I praying with my mind or just with my mouth?
- Do I place myself in that holy place - thinking about the person I'm addressing and what my message is?
- Is my prayer a conversation? Do I listen enough?
- How does my prayer change me, liberate me? Does it make me better?

The Perfect Prayer
A Prayer inspired by the Our Father
by St. Francis of Assisi

O, Our Father

Most Holy, Our Creator, Redeemer, Consoler, and Savior



Who art in heaven:



In the angels and the saints,
enlightening them to know, for You, Lord, are light...
inflaming them to love, for You, Lord, are love ...
dwelling in them and filling them with happiness,
for You, Lord, are Supreme Good, the Eternal Good,
from Whom all good comes, without Whom there is no good.

Holy be Your Name:



May knowledge of You become
clearer in us
that we may know ...
the breadth of Your blessings,
the length of Your promises,
the height of Your majesty,
the depth of Your judgements.

Your kingdom come:

That You may rule in us
through Your grace,
and enable us to come
to Your kingdom
where there is clear vision
of You, perfect love of You,
blessed companionship
with You, eternal enjoyment of You.



Your will be done ... on earth as in heaven:

That we may love You
with our whole heart ... by always thinking of You,
with our whole soul... by always desiring You,
with our whole mind... by always directing all our intentions
to You,
and by seeking Your glory in everything
with all our whole strength
by exerting all our energies and affections of body and soul





in the service of Your love and of nothing else;
and we may love our neighbor as ourselves
by drawing them all to Your love with our whole strength,
by rejoicing in the good of others as in our own
by suffering with others at their misfortunes,
and by giving offence to no one.

Give us this day:

in remembrance,
understanding
and reverence



of that love which our Lord Jesus Christ had for us
and of those things that He said and did
and suffered for us.

Our daily bread:

Your own beloved Son, our Lord Jesus Christ.

Forgive us our trespasses:



through Your ineffable mercy,
through the power of the
passion of Your beloved Son,
and through the merits and
intercession of the ever
blessed Virgin
and all Your elect.

As we forgive those
who trespass against us:



And what we do not completely
forgive, make us, Lord,
forgive completely
that we may truly love our
enemies because of You,
and we may fervently intercede
for them before You,
returning no one evil for evil
and we may strive to help
everyone in You.

**And lead us not
into temptation:**



hidden
sudden or persistent.

But deliver us from evil:

past, present and to come.

Glory to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now, and will be forever.

Amen.

Hail, Mary!



Full of Grace.



The Lord is with you.



Blessed are you among women.



And blessed is the fruit of your womb, Jesus.



Holy Mary,



Mother of God.



Pray for us sinners.



Now...



And at the hour of our death.



Amen.



Small Group Activity

- Add a meaningful and personal message to the Hail, Mary! As Francis added to the Our Father to make it meaningful for him.
- Expand on each line — talk to Mary, tell her what you want her to know, tell her how you feel about her, acknowledge what you know about her
- Thank her.
- Ask her for her support and comfort.

Groups share their prayer

- Discussion of Hail Mary activity. Did we see Mary in a special way? Did we relate better to Mary? Was our prayer more sincere and meaningful?
- What happened through this whole process from Part I and II?
- Did we have any new revelations?
- How can we use this prayer experience to better improve our prayer life, to enhance our relationship to God and neighbor?

The Rule

The Result of our Prayers: Action



Article 10. Uniting themselves to the redemptive obedience of Jesus, who placed His will into the Father's hands, **let them faithfully fulfill the duties proper to their various circumstances of life.** Let them also follow the poor and crucified Christ, witness to Him even in difficulties and persecutions.

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