

PRAYER - PART ONE

One topic that I want to write about and is close to my heart is **prayer**. Now that we have plenty of time on our hands during this time of the Pandemic, what do we do with it? I am sure many Catholics, let alone Christians are praying...but **how?**

There are many styles and ways that we can pray and it is good to be informed of them, since these different styles and ways may or may not appeal to us, depending on our **personalities**. But before we begin, we need to define prayer so that we are all on the same page. Basically, prayer can be PUBLIC or PERSONAL.

Generally, PUBLIC prayer is referred to as LITURGY, which gets its meaning from the Greek the word, '*work of the people.*' When we break the work up into its two parts we have, *laity* or people, and *erg* or work. If you had a physics class, the word *erg* would make sense, since it is used in its Greek meaning. The pagans were very religious and offered prayers to the gods constantly, especially *public prayer* led by their *priests*. Through Moses, God set aside a tribe with Aaron, the brother of Moses of the larger tribe of the Levites, to lead the people in public prayer, which centered mainly on SACRIFICE of animals. Later the PSALMS were incorporated into their public prayers and then SCRIPTURES as they began to be developed during the time of King DAVID and his son, SOLOMON.

PERSONAL or PRIVATE prayer is, of course, prayer that we do on our own. And as the Gospels mention, we go to our rooms and close the door and we pray to our God. So **what** do we do when we close that door? Many religious in our times have been taught well to begin with a private PRAYER SPACE where we go and light a candle and settle into our comfortable chair, or if we are more flexible, to get into our YOGA position. **Then what?**

First and foremost, we need to now define '**personal prayer**' as God talk, that is, we talk literally to God either out loud or silently in our mind from our hearts. Since we believe that there is ONE GOD but THREE PERSONS, we can talk to any or all three of the persons in the TRINITY, and I mean **personally!**

PERSONAL PRAYER can be divided into three main types, 1-MEDITATION, 2-AFFECTATION, and 3-CONTEMPLATION.

We will talk about these more in Part Two.