

PRAYER – PART SEVEN

After reviewing what I had presented in Part Six and getting feed back from people, I thought I might present a little more information about the Myers-Briggs Personality Inventory, or the Myers-Briggs Type Inventory (MBTI). (This test can be done on-line, but there is a cost.) I would suggest ordering from Amazon, ***Prayer and Temperament, Different Prayer Forms for Different Personality Types***, by Chester P. Michael and Marie C. Norrisey, or ***Personality and Spiritual Freedom***, by Robert and Carol Ann Faucett (these two will also cost). You could also simply visit the Web for “Spirituality for Your Personality Type” at:

spiritualpractice.ca/what_practice/type/ (this is free).

I found the Web Site very helpful as a review.

That brings us to the present topic, your personal ***Prayer Binder***. In Part Six, I had mentioned *stagnation* and *dryness* as a hindrance to prayer. Having a Companion or a Prayer Group might help overcome some periods of dryness or stagnation, by making us accountable to the Prayer Group or Companion. This Companion in religious life was usually a Spiritual Director, or as the Jesuits would put it, a Spiritual Guide. I prefer a Spiritual Companion on the Journey, someone who would accompany us on our journey. Such a person would hopefully have years of experience with others and would usually meet about once a month. To be honest, they are few and far between.

Journaling was also mentioned in Part Six, which can help in spotting trends or habits that may cause dryness or stagnation by what we are doing, or eating, or medicine, etc.

At some point we need to make our prayers personal, more our own, with prayers that we like to pray and enjoy using. What better way than to make a ***Prayer Binder*** of our favorite Prayers and even Poems. My own Prayer Binder has several sections: Hymns, Starters, Praise, Poems & Lyrics, Favorite Psalms, Intercessions, and Other.

Let me describe them a little more so you have an idea what they might contain. Sometimes I like to begin my prayers with a **Hymn**. Usually I am by myself when I use some of these hymns and they are from the *Lead Me, Guide Me*, an African American Catholic Hymnal when I was Associate Pastor in Cleveland.

My favorite one is:

*I just came to praise the Lord, x2, I just came to praise His Holy Name,
I just came to praise the Lord.*

It is simple, and one can replace the underlined words with: thank, love, etc. As I mentioned before, music gets us in touch with our feelings/emotions that come from our *hearts* and unites them with our *heads*!

The next section is what I call **Starters**, they are short prayers that I like and are very popular with Marianists. So I always start with our Marian Doxology:

*May the Father and the Son and the Holy Spirit be glorified in all places
Through the Immaculate Virgin Mary. Amen*

This section also includes other short Marianist prayers. They help keep me in touch with my Marianist Brothers, Sisters and Lay.

The third section contains **Prayers of Praise** to God the Father, Son and Holy Spirit, either separately, or all three, (Trinity). These include lyrics that I wrote to a song, or my own version of the "Te Deum" for Sundays, or Philippians 2:6-11, Ephesians 1:2-10, etc.

The next two sections contain **Lyrics** to songs, **Poems** and **Prayers** that are favorites of mine. For example, *Prayer to Christ*, a *Vietnamese Prayer*, several of my own lyrics to songs and poems, or from other poets like *Peace at Last* by J. H. Newman, Thomas Merton's Prayer, St. Augustine's short passage of "*Late I have Loved You*," two poems by G. M. Hopkins, several by e. e. cummings, J. H. Newman, and M. F. Nartker.

In the sixth section are my favorite **Psalms**, like Psalm 133: A Vision of a Blessed Community, Psalm 134: Exhortation of the Night Watch to Bless God, 199: Qoph, and others.

In the Seventh section are the **Intercessions** beginning with three personal prayers I wrote to God, Mary and Jesus. The Intercession list contains: family members, relatives, friends, Gov Island Chapel members, and those who have died.

The last section contain **Jewish Prayers** and **Readings** from the 'First Creation Story', Genesis, in *Hebrew* from my seminary days in Berkeley, California.

This Prayer Binder was made over many years. So if you start yours now, you may already have favorites enough to fill a binder. Imagine settling down in your **Prayer Space** (with a view?)...in your **Favorite Chair**...maybe wrapped in a **Prayer Shawl**...a hot cup of **tea or coffee** would do...opening your personal **Prayer Binder** to read from all you favorites. It doesn't get any better. Did I forget anything?

Oh, a reminder...set your timer for at least 20 minutes of Quiet Prayer to begin at the **end** of your Prayer Binder time!