

WAYPOINT

Week 12 – Daily Prayer - Points from the talk (7/6/22):

Step 11: “Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out.”

- **The Soul needs prayer like the body needs air!**
 - *“Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food, or sunshine... As the body can fail its purpose for lack of nourishment, so can the soul.”* (12 Steps/Traditions, 97)
 - *“All those who have persisted have found strength not ordinarily their own. They have found wisdom beyond their usual capability. And they have increasingly found a peace of mind which can stand firm in the face of difficult circumstances.”* (12 Steps/Traditions, 104)
- **Battle of Prayer**
 - *“It works, if we have the proper attitude and work at it.”* (Big Book, 86)
 - *“All of us, without exception, pass through times when we can pray only with the greatest exertion of will. Occasionally we go even further than this. We are seized with rebellion so sickening that we simply won’t pray. When these things happen we should not think too ill of ourselves. We should simply resume prayer as soon as we can, doing what we know to be good for us.”* (12 Steps/Traditions, 105)
 - *“Prayer is both a gift of grace and a determined response on our part. It always presupposes effort. The great figures of prayer of the Old Covenant before Christ, as well as the Mother of God, the saints, and he himself, all teach us this: prayer is a battle. Against whom? Against ourselves and against the wiles of the tempter who does all he can to turn man away from prayer, away from union with God.”* (Catechism, 2725)
- **The interiority of the Heart**
 - *“The heart knows its own bitterness, and no stranger shares its joy.”* (Proverbs 14:10)
 - However, God alone is the ‘*Cardiognostes*’ → Knower of Hearts (Acts 1:24; 15:8)
 - *“God is witness of his inmost feelings”* (Wisdom 1:6)
 - *“God is more interior to us than we are to ourselves.”* (St. Augustine)
- **Prayer of Presence**
 - Luke 8:11 *“The Pharisee stood and prayed thus with himself”*
 - The great mystery of our faith requires that we, *“live from it in a vital and personal relationship with the living and true God. This relationship is prayer.”* (Catechism, 2558)
- **Discernment**
 - *“we may face indecision... Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don’t struggle.”* (Big Book, 86-87)
 - *“The prayer of faith consists not only in saying ‘Lord, Lord,’ but in disposing the heart to do the will of the Father.”* (Catechism, 2611)
 - *“What shall I do, Lord?”* (Acts 22:10)

Week 12 - Discussion Questions:

1. Have I gone through ups and downs in the battle of prayer?
2. Have I ever experienced an awareness of power flowing into us from outside ourselves as a result of prayer that actually surprised us?
3. Am I resistant to the idea that God knows the inner dialogue that goes on in my heart between myself and myself? Do I welcome His presence within my heart or would I prefer that He remain outside my heart and leave me alone in my private interiority?
4. Do I think of the Lord as my best friend? Do I hold anything back from Him? Am I entirely transparent and open to Him dwelling in me as my Divine friend and constant companion?
5. Do I feel I can be entirely honest with the Lord at all times? If not, what am I afraid of?
6. On a deep and personal level, do I trust my Creator?

Closing Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.