

PRAYER TECHNIQUES

POSTER PRAYER

*Taken from the book "You Can Pray" of P. Ribes, s.j.
published by the Gujarat Sahitya Prakas.*

Note:

Prayer techniques, properly speaking, are not prayer methods, but practical devices to help us either to pray alone or to help people to pray in a group.

Introductory Remarks:

- ✓ *This prayer technique can be used for personal prayer, though originally it was devised for prayer in groups especially for youngsters and youth.*
- ✓ *It proves very practical at meetings, encounters, camps, seminars and workshops.*

Remote Preparation:

1st. Choose a poster of any item of nature – a bird, a tree, a mountain, a cloud, etc or also of any man-made object or artifact that symbolically expresses the theme you would like to pray on.

2nd. For instance: A Tree: Growth. Roots - Depth dimension. Trunk- growing up. Branches- reaching out. A Bridge: to symbolize unity among separated people A Cozy House: to express togetherness in family life. A train: Our life as a journey. A starting point, a path and a destination. Etc.

3rd. As a sample exercise, we have chosen the poster of a "A Bridge",
Our theme being: "We have to be agents of unity and peace among separated people"

Step 1. Introduction:

- Quiet down. For a while keep a prayerful silence.
- Short introductory prayer.
- Singing a suitable hymn in keeping with the theme chosen.
- Invoking the assistance of the Holy Spirit.
- Display a poster of a Bridge
- Request all present to look at it intently.

Step 2. Reflection and Prayer.

A) What do I learn from this poster?

- This bridge – strong, mighty, stretching across the river is connecting one piece of land to the other
- It is a strong and sturdy structure meant to last and to withstand floods, earthquakes and other calamities.
- The bridge joins two pieces of land inhabited by people separated apart by the river.
- The Bridge reaches out to both sides of the river. It unites not only two separate pieces of land, but even more, different peoples apart from each other.
- **A bridge is not built for itself. A bridge is meant to unite those who are away from each other** by a river, a deep ravine or a valley.

B) Meditation: Applying the reflections on the Brige to your own our life.

- What lessons does this picture of the Bridge teach you for your daily living? Can we, in life, be compared to Bridges? How? Why?
- What obstacles are there in our world, country, and society; in our neighborhoods, or even in our own families or within ourselves, separating us from one another? Mention them.
- In your life, what sort of bridge are you? Do you unite or disunite those around you? How? Explain why do you behave the way you do?
- Tell means and ways on how we can be true bridges at home, in school, in college, at our place of work, in our neighborhood, in our parish, in our country? .
- What means, what steps, what actions do you intend taking from now on?

Step 3. Prayer

- Close down your prayer by spontaneously asking God to help you be an agent of peace, of unity and brotherhood wherever you are.
- Ask for the courage and determination to put into practice your desires and resolutions to be a true bridge.
- Reflect, pray and sing Francis of Assisi's prayer:

LORD, MAKE ME A CHANNEL OF YOUR PEACE

Make me a channel of your peace,
Where there is hatred, let me bring your love,
Where there is injury, your pardon, Lord,
And where there is doubt, true faith in you.

Ref: Oh Master, grant me that I may never seek.,
So much to be consoled as to console,
To be understood as to understand.
To be loved as to love with all my soul

Make me a channel of your peace,
Where there's despair, Lord, let me bring your hope,
Where there's darkness, let me bring your light,
And where there's sadness, comfort and joy. **Ref.**

Make me a channel of your peace,
It is in pardoning that we are pardoned,
In giving to all men that we receive,
And in dying that we are born to eternal life. **Ref.**

Closing: by saying the "The Our Father" and "The Glory Be"