

# FIFTH MODE OF PRAYER

## PRAYER OF ADORATION

### Second Part

## 6 Exercises of Prayer of Adoration

**Introductory Note:** Here below you will find an a exercises of prayer of adoration. They may help you in your personal prayer life, and also to guide others in their spiritual journey to God

### Exercise (1) A Litany. ‘Let your Will Be Done’ Past Events

#### Preparation

Quiet down : Awareness / breathing exercises may help.

Hymns of praise: Sung or played on tape.

#### Procedure

**1.** Recall to mind instances in your past life when you found it hard to accept the Will of God in faith, hope and love: for instance:

The death of a dear one - Loss of Job - Failure in the Exams - Serious Sickness

False accusations - Etc.

**2.** Prepare a list of such incidents in a litany form. After each incident write: “Let your Will be done”. **Example:**

- Lord, you took away my Dad in tragic circumstances: Let your Will be done.
- God, my Father, you so willed that I should lose my job: Let your Will be done.
- Lord, you allowed me to be struck by cancer: Let your Will be done. Etc. .

**3. Personal Prayer.** When your litany is ready, go to the chapel or to your room or to a quiet place and all alone by yourself:

- Read your litany prayerfully, slowly and meaningfully several times.
- With God’s grace, through sincere prayer, try to create within you that internal disposition of submission to the Will of God that you will express externally by means of your litany.

**4. Group Share Prayer.** After the participants finish their prayer of adoration call them back and request them to follow these instructions.

- Write a prayer addressed to God as to a loving Father expressing how you felt and what you learnt while going through your litanies.

- Share your litanies and prayers with the group. *Feel free to share only what you wish.*
- One participant at a time will read his litany aloud; after each invocation, all will reply: “Let your Will be done”.
- The whole sharing should be done in an atmosphere of adoration.
- Intersperse the prayer exercise above with readings from Scriptures and religious hymns:
- You will find beautiful passages from the Old Testament: The Psalms, the Book of Job, etc
- From the New Testament, you may take passages like the Annunciation, the Temptations, the Baptism of Jesus, Jesus’ Teaching on Prayer, and the Agony in the Garden, the Last Words of Jesus, Philippians, 2, Hebrews 3, 5, 8, 10. Etc.
- You may sing hymns on the theme of self-surrender and adoration like:
 

Take My Hands	Take and Receive
Let the Lord Have His Way	All To Jesus I Surrender
I abandon myself.	You are The Potter,
I’ll Say, Yes, Yes, Yes	Spirit of the Living
- Encourage the participants to come up with spontaneous prayers and self-offerings to God.

### **5. Closure:**

You may close the prayer exercise by commenting, paraphrasing and praying on the lyrics of the hymn : “Your Will be Done”

#### **YOUR WILL BE DONE”**

- |   |                    |
|---|--------------------|
| ➤ If you would have me lost my wealth:    | Your Will be done! |
| ➤ If you would have me lose my health:    | Your Will be done! |
| ➤ If every friend should turn away:       | Your Will be done! |
| ➤ And dark clouds come before the sun:    | Your Will be done! |
| ➤ I will still love you my God and pray:  | Your Will be done! |
| ➤ If you would have me without a home:    | Your Will be done! |
| ➤ If you would have me walk alone:        | Your Will be done! |
| ➤ If tragedy should be my share           | Your Will be done! |
| ➤ And by grief be overcome                | Your Will be done! |
| ➤ I will still love you and say in prayer | Your Will be done! |
| ➤ My Lord, My God, My All!                | Your will be done! |

### **EXERCISE (2)**

### **A Litany – Let Your Will Done.**

#### **Present Events**

#### **Instructions to the Moderator:**

1. Ask them to prepare another litany of events, similar to the one they wrote earlier.
2. This time, however, it will be more personal and about events of the here-and-now.
3. Ask them to write a list of things, which they find hard to cope with at the present moment, for instance: companions, home difficulties, temptations, even sins etc.
4. **For this Exercise follow the same procedure as in the Exercise above**

**Exercise (3)****Mantric Prayer****Instructions for by for the Moderator:**

*Explain what is a 'mantra', i. e., a word, a sound, or a few words that repeated over and over again, end by penetrating the deeper layers of a person's conscience, even right down to his subconscious.*

*A genuine mantra properly used and exercised may influence a person beyond imagining, both for good or bad.*

**Instructions to the Participants:**

1. Compose a 'mantra' of your own on the theme of worship or 'adoration'.
2. It should be a short sentence, of no more than 8 or 9 words that appeals to you and expresses your inner attitudes of adoration towards God, for instance:
  - ✓ Let your Will be done!
  - ✓ Here I am My God, to do your Will!
  - ✓ Lord, I place myself in your hands! Etc.
3. You have about 5 minutes to prepare your mantras.
4. Close your eyes. Relax. Awareness / or breathing exercises will help. Breathe in. Breathe out (4 or 5 times).
5. In silence, with attentions, begin repeating your mantra. Slowly meaningfully, intentionally (4 or 5 minutes)
6. Again, take four or five deep breathes. Breathe in. Breathe out
7. Keep repeating your mantra again. This time do not pay too much attention to the meaning of the words of your mantra.
8. Concentrate on an attitude of adoration towards God (4 or 5 minutes).
9. Keep repeating your mantra over and over again.
10. Place yourselves in God's hands. Strive to identify your wants and your will with the Will of God (4 or 5 minutes).

**Shared Group Prayer**

When the mantric prayer is over, invite the participants to a shared group prayer.

Welcome them to share their mantras aloud.

Invite them to spontaneously pray to God elaborating on their mantras.

**Close your Prayer Exercise with the Hymn:****“ABBA, ABBA FATHER !”**

- ✓ Emphatically read the lyrics of the hymn
- ✓ Next, pray by paraphrasing the lines of this hymn.
- ✓ Finally, recite it or better still, sing it.

“Abba, Abba Father,  
You are the potter,  
And we are the clay,  
The work of your hands!

Oh come, mould us and fashion us,  
 Into the image  
 Of Jesus you're Son (2)  
 Father, may we be one in you (2)  
 As you are one in Him,  
 And He is in you.  
 Glory, glory and praise to you  
 Glory and praise to you,  
 Forever. Amen (2).

## **Exercise (4) : Non-Verbal Adoration**

### **Instructions to the Moderator:**

- ✓ Keep the room or chapel in semi-darkness.
- ✓ Make sure that the participants while they express their adoration by means of gestures and postures sit on the ground or on cushions far enough from one another not to disturb those next to them,

### **Short Input to the Participants:**

- Explain how gestures and postures can be real communication, for instance a pointing finger, a raised hand, or clenched fists mean something, may be, even more powerfully than words can tell.
- Often enough we can express adoration more intensely by gestures than by words.
- Quite often words fail to express what we want to say; either they are not powerful enough or they have lost their original luster.
- Gestures, however, engage the entire person into prayer; body and soul

### **Instructions to be given to the Participants.**

- ✓ Sit down. Take a posture that is comfortable.
- ✓ Close your eyes
- ✓ Relax. Awareness and/or breathing exercises may help.
- ✓ Stay quiet for a while.
- ✓ Now keep repeating to you, over and over again, peacefully and intentionally the following words of Jesus: *(The Moderator will suggest the sentences to be repeated one a at time)*

**"Father, let your Will be done!" (1 or 2 minutes).**

**"Here I am, Lord, to do your Will!" (1 or 2 minutes).**

**"Not my Will, but your Will be done!" (1 or 2 minutes).**

- ✓ Become aware of your feelings and attitude of internal adoration (20 to 30 seconds).

### **Non-verbal Adoration.**

- Now, alone by yourselves, practice this non-verbal prayer of adoration

- You may express your feelings of adoration by gestures and postures, for instance: raising hands, kneeling, lying down, bowing, and looking heaven wards, prostrating or any other posture that expresses your feelings of adoration.
- Stay in each of these postures as long as you feel. Do not be in a hurry! Take your time.
- Do not utter a word. Just feel and express your **inner worship by means of movement, postures and gestures.**

*The moderator will fix the time he deems sufficient. The length of time depends very much on the nature of the group. Normally, about 15 to 20 minutes).*

### **Group Sharing and Prayer:**

#### **Instructions for the Moderator:**

- ✓ When the time is over, ask the participants to sit down and open their eyes.
- ✓ Request the participants to share what they felt and expressed in their non-verbal prayer of adoration.
- ✓ Read the narrative of the Agony in the Garden and explain the non-verbal elements in Jesus' prayer (Mt. 26/36-45) i.e.
  - ❖ Grief and anguish
  - ❖ My sorrow is so great that it nearly crushes me.
  - ❖ He cried out: Stay here and watch with me.
  - ❖ He threw himself face down to the ground.
  - ❖ Sweating drops of blood.
  - ❖ Then returned to his disciples.
  - ❖ A second time he went away and prayed.
  - ❖ He left them.

#### **Closure:**

To close the exercise comment on the hymn "Day After Day".  
Finally, recite it or, better still, sing it.

### **DAY AFTER DAY SHALL I STAND BEFORE THEE!**

(R. Tagore )

Day after day, O Lord of my life,  
**Shall I stand before Thee face to face.**  
**With folded hands,** O Lord of all worlds  
**Shall I stand before Thee face to face.**  
 Under thy great sky, **in solitude and silence,**  
 With humble heart,  
**Shall I stand before Thee, face to face.**  
 In this laborious world of Thine,  
 Tumultuous with toil and with struggle,  
 Among hurrying crowds,  
**Shall I stand before Thee face to face.**  
 And when my work shall be done in this world,  
 O king of Kings, **alone and speechless,**  
**Shall I stand before Thee face to face!**

## **Exercise (5) Meditation on New Testament Passages on Adoration**

**Method of Prayer: Ignatian Active Contemplation.**

### **Instructions for the participants**

**Take any of the Scripture passages suggested below here.**

1. Read the passage, make yourself present into this passage,
2. Fantasize and imagine you are one of the persons mentioned in that passage.
3. See what the persons mentioned in the passage do. Observe them very intently.
4. Listen to what they speak.
5. Talk with them and interact with them as much possible.
6. Finally, in an attitude of self surrender abandon yourself in the hands of God.
7. Then pray and pray, feel and feel, no need of words or verbal expressions.

### **Passages from the N. T. helpful for a prayer of adoration and self-surrender to God.**

1. **The Annunciation** (Lk. 1/26-38)
2. I am the Handmaid of the Lord. Let it be done unto me according to your Word". ‘
3. **The Birth of Jesus** (Lk 2/1-7)
4. Contemplate Mary’s attitude of adoration towards her new born child.
5. **The Child Jesus is Found In the Temple** (Lk2/48-49).
6. Do you not know that I have to be occupied in my Father’s work?’
7. **The Baptism f Jesus** (Lk 3/21-24)
8. You are my own dear Son. I am well pleased you.
9. **The Temptations of Jesus.** (Lk 4/1-12)
10. The scripture says: Worship the Lord, your God, and serve Him only.
11. **The Agony in the Garden** (Lk 22/39-44)
12. Father, if it is your will, take this cup away from me. Not my will however, but your will be done! .
13. **The Death of Jesus:** (Lk 23/44-46)
14. Father, into your hands I place my spirit.

## **Exercise (6) Worshipping God in Song**

### **Instructions**

**Take one hymn on the theme of Adoration,**

1. Read it, line by line.
2. Meditate on it.
3. Read it entirely at one stretch.
4. Sing it.
5. Imbibe its meaning and feelings.
6. Dwell in them for as long as you feel devotion.

## **Suggested Hymns**

Abba, Father.

All to Jesus I surrender.

Day after Day.

Father I adore you.

From for 10 to 15 minutes the depths.

Have thine own Way.

I just keep trusting.

I abandon myself

I'll say yes.

Into your hands.

Just for today.

Just like a child.

Lord, you have touched

Not my Will be done.

We have come into this house