

“LORD, TEACH US TO PRAY”

Prayer Course

WEEK ONE – CENTERING PRAYER - VIDEOS

Opening Prayer

Suggested hymn for opening

Be Still and Know - Celebration Hymnal #7

https://www.youtube.com/watch?v=AyDr9-Mpc_s



Recommended action for next week (1)

<https://www.youtube.com/watch?v=lhPfU2yJ2II>

The video gives good explanations and a ten-minute experience. The group could use this clip as their prayer experience.

Guided Session of Centering Prayer



Recommended action for next week (2)

<https://www.youtube.com/watch?v=s06mhAKZF2w>

This is Thomas Keating, well known for his involvement and development of centering prayer. The first 2 or 3 minutes he gives a very good and brief intro to the prayer style and being at one with the God within. (After that there is a 20 minute silence.)

Centering Prayer Timer, with Introduction and Closing Lord's Prayer by Thomas Keating



Closing Hymn

Suggested hymn for closing

I Watch the Sunrise - Celebration Hymnal #288

<https://www.youtube.com/watch?v=byEU7ZglRBY>



WEEK TWO – LECTIO DIVINA PRAYER - VIDEOS

Overview

Four videos are recommended, It is strongly suggested that you have a look at these four before the prayer session. They can enhance the experience for all.

1. <https://www.youtube.com/watch?v=sJpT1pLRcKQ>

This video gives a very good explanation. The background music is loud distracting so it is best to turn volume down and just read the text on the screen. If there is no projector available, people can “listen” to this at home.

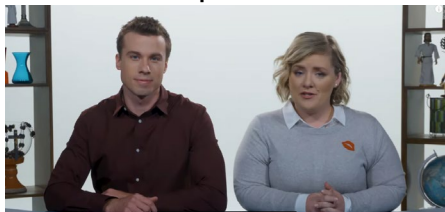
Lectio Divina: A Step-by-Step Guide



3. <https://www.youtube.com/watch?v=lt2iGxLlqNY>

A short and easy to listen to explanation.

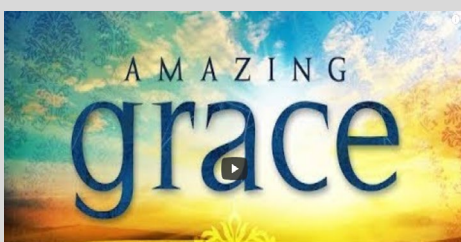
Lectio Divina | Catholic Central



Opening

Suggested hymn for opening
Amazing Grace / Celebration Hymnal #40

https://www.youtube.com/watch?v=Tvt6E9N7AQw&list=RDTvt6E9N7AQw&start_radio=1



2.

<https://www.youtube.com/watch?v=hhwRcg1mHec>

This is a personal sharing of how the Lectio Divina helped her in her spirituality.

Learn Lectio Divina



4. <https://www.youtube.com/watch?v=i27Fqlyk2qY>

Another example of Lectio Divina. The passage chosen in the video is similar to that in our booklet. Note that at the end, he stresses that there are different ways of praying with Lectio Divina.

James Martin, S.J. on 'Lectio Divina'



Closing

Suggested hymn for closing
Do Not Be Afraid / Celebration Hymnal #147

<https://www.youtube.com/watch?v=hOcyrnqXGLo>



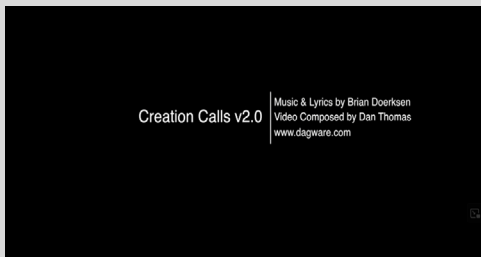
WEEK THREE – LECTIO DIVINE PRAYER - VIDEOS

Overview

There is one video which is most appropriate for the Franciscan Style of Prayer

<https://www.youtube.com/watch?v=b-kVMcvMWcg>

**NEW! Version 2.0 (with Lyrics): "Creation Calls"
Worship Music Video**

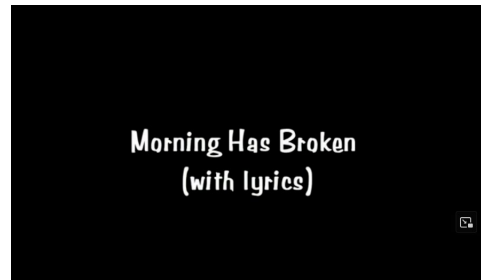


Opening

Suggested hymn for opening

Morning has Broken / Celebration Hymnal #490

<https://www.youtube.com/watch?v=h5D3LEjGF8A>



Closing

Suggested hymn for opening

Sing to the Mountains/ Celebration Hymnal # 657

<https://www.youtube.com/watch?v=zacE5ZlkcSE>

