



# Preparing a Prayer Service



## A Workshop

Presented by Jacqueline Nogier and Pauline Krupa



**We are a people  
of prayer...**

**Jesus is our greatest  
model of prayer...**



**We are temples  
of the Holy Spirit**

## Points to Remember:

- Prayer flows from the word of God.
- Prayer is similar in structure and form.
- Prayer should be short, simple and sincere (from the heart).
- Prayer is a response of the "whole" person to God's love.
- Prayer is a free response in faith to the "nudging" of the Holy Spirit, who lives within us to teach us to pray.



# Four types of prayer...

**A – adoration**

**C - confession**

**T - thanksgiving**

**S – supplication**

**ACTS**

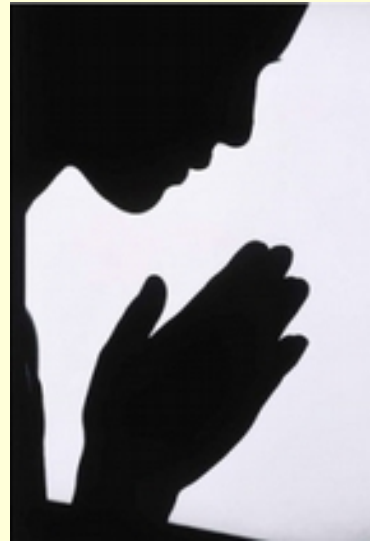


# 5 Categories of Prayer

1. **Contemplative**

2. **Ignatian Exercise**

3. **Lectio Divina**



4. **Personal Prayer**

## 5. Free Flowing / Spontaneous Prayer...



**There is actually a formula...**

**Glory:** begin by blessing and praising God

**Story:** recall, in faith, the great things God has done

**Worry:** trusting in God, ask for needs

**Glory:** end by blessing God

**Blessed are You, loving God, creator of all that is.**

**You have given us this day to be closer to You through our gathering together in this holy place.**

**Fill each of us here with Your light and peace. Have mercy on all who are suffering at this moment and bring us to everlasting joy with You.**

**Father, we bless Your name forever and ever.**

**Amen.**





# Most Common form...

**You**                      Address God and praise Him

Dear Lord, / God of all that is good / Lord God in heaven,

**Who**                      Describe things God has done for us

Who holds the world in His loving hands / Who loves us with an everlasting love

**Do**                      Pray for God to do something

Open our minds / Bless us with Your gift of forgiveness / Give us strength to...

**Through**              We pray through the Son / Holy Spirit

We ask this through Our Lord Jesus / Through the intercession of...



**Activity  
Time...**



# Prayer

Prayer is so simple.  
It is like quietly opening a door  
And slipping into  
The very presence of God.  
There, in the stillness,  
To listen for His voice,  
Perhaps in petition  
Or only to listen,  
It matters not.  
Just to be there,  
In His presence,  
Is prayer.

~ Anonymous



Time of Year: November 5  
a week before Remembrance Day

- Prayer Service Theme: Peace
- Group of adult women / men varying in ages. All have some concept of what Remembrance Day is and the need for peace in their lives.
- A focus table is set up – cross, candles, Bible, Canadian flag, poppies, other symbols of peace

# Peace Prayer Service

## **Introduction:**

Every November 11, people all over the world pause for a moment to remember a part of our history. We stop to think about all those people who gave up their lives for peace. This year each one of us will celebrate this memory by praying together for peace.

To make it real, we must help to nurture peace, understanding and love so that it will grow within each of us gathered here. Peace is in our hands. We must share it each and every day in our homes, our parish and our community.

**Gathering Song**

**Prayer for Peace: by David Haas**

**or**

**a peace song of your choice**

## **Opening Prayer**

Gracious God, You sent Your Son Jesus as a gift of peace. We want to be a peaceful people.

Strengthen our efforts to live in harmony, without violence, but loving one another.

Bless all the peacemakers of the world.

We ask all of this through Jesus our Lord, Amen.

# Scripture Reading (Colossians 3:12-16 adapted)

A reading from the letter of St. Paul to the Colossians.....



The Word of the Lord



Read quietly and reflect

Martin Luther King Jr. said:

***“At the centre of non-violence stands the principle of love.”***

Saint Mother Teresa of Calcutta reminded the world that:

***“If we have no peace, it is because we have forgotten that we belong to each other.”***

Anne Frank, a young teen-age girl, wrote:

***“How lovely to think that no one need wait a moment, we can start now, start slowly changing the world.”***

The Dalai Lama delivered this message:

***“World peace must develop from inner peace.”***

On the night before He died, Jesus said:

***“Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.”***

## **Petitions**

Let us now bring our prayers before our God of Peace:  
That in our homes and workplace we be instruments of  
peace radiating God's love, compassion, and justice to all  
we pray: **God of Peace; hear the prayer of Your people.**

That we seek forgiveness of God and of each other for  
those times when we are blind or indifferent to the needs of  
those around us; or to the pain of those who suffer  
we pray: **God of Peace; hear the prayer of Your people.**

## **Spontaneous Prayer**

**Invite people to add a prayer / petition  
keeping in mind the theme of Peace.**

## **Concluding Prayer**

Lord, at times we have a tendency to be jealous and disrespectful towards one another.

When we do this, we destroy the peace that should exist amongst Your people at home, in the parish and in the community.

Help us to bring peace to our families and friends. Help us to create win-win situations whenever a conflict begins. Help us to always remember your words, "Blessed are the peacemakers; for they shall be called children of God."

As one body in unity with the Prince of Peace, Your Son, we pray, **Our Father.....**

# Conclusion

**I Wish for Peace**  
**Michelle Tumes**

