

Conversational Prayer

Speaker: Dave Nodar

1. Our Goal? To help others encounter the Lord personally and mature in their relationship with Jesus as missionary disciples. To help them grow in love with God and others.
2. What is conversational prayer?
 - a. A simple meaningful way to pray together.
 - b. A way of praying that helps us to grow in love with God and one another.
 - c. Not a monologue but a dialogue, a conversation with God together.
 - d. Simple, honest, sincere prayers. Only one or two sentences.

“How great is the power of Prayer! ... I say very simply to God what I wish to say, without composing beautiful sentences, and He always understands me.”

-St. Therese, *The Story of a Soul*

“Vocal prayer is an essential element of the Christian life.”

-Catechism of the Catholic Church, #2701

3. Why engage in this form of prayer?
 - a. It draws people into a form of prayer that anyone can do (“hey, I could do that!”) If they are not pressured to do it themselves and hear it modeled.
 - b. This form of prayer can help us to pray at a new level that is very beneficial to maturing in Christ.
4. Prayer in ChristLife series gradually progresses
 - a. Discovering Christ prayer dynamics
 - i. Introducing group prayer in song and the leader concludes that time with a simple conversational prayer.
 - ii. At the end of DVD teachings, the teacher ends some of the talks with a simple prayer.
 - iii. Small group facilitators end their group time with simple prayer; helper may lead prayer, at times after a few sessions (as invited by facilitator).
 - iv. Retreat introduces prayer teams to support those making a commitment to Jesus as Lord and release of Holy Spirit.
 - b. Following Christ and Sharing Christ
 - i. Continue and expand experience of relating to God in prayer together.

- ii. Longer times of group prayer with songs, interspersed with short prayers by leader/worship leader, close with simple prayer.
- iii. Prayer ministry after sessions 4 and 5 and on the retreat.
- iv. Small group conversational prayer together. Learning together to pray, praise, thanksgiving and intercede.

5. Training in Conversational prayer

- a. Facilitator training in conversational prayer: Simple practice sessions to help us learn to comfortably pray in front of others and together.
- b. Practicum
 - i. Facilitators/helpers form small groups; ask permission to hold hands or to tap the shoulder of the persons next to you after you pray or if you choose not to pray squeeze persons hand, pass to them.
 - ii. Begin prayer mindful we are entering the presence of the Lord.
“For where two or three are gathered in my name, there am I in the midst of them.” -Matthew 18:20 RSVCE
 - iii. Choose one of these prayer areas. Pray simple one or two sentence prayers (stay on topic):
 - 1. Thank you, Lord for _____ (praise and thanksgiving, speaking from our hearts)
 - 2. Help me, Lord (not general, vague, but personal, honest and sincere); Lord, help me _____.
 - 3. Help my friend (in the group or other person): Lord, help _____.
 - iv. This exercise is intended among your ChristLife team, and may also be used in Following and Sharing Christ small groups, but is not recommended for Discovering Christ small groups.

6. Further benefits of conversational prayer

- a. We can offer to pray with people we encounter throughout our everyday lives.

“Being a disciple means being constantly ready to bring the love of Jesus to others, and this can happen unexpectedly and in any place: on the street, in a city square, during work, on a journey.... If it seems prudent and if the circumstances are right, this fraternal and missionary encounter could end with a brief prayer related to the concerns which the person may have expressed.”

Pope Francis, *The Joy of the Gospel*, 128

- b. Conversational prayer builds community

Additional Resources

Prayer: Conversing with God, Rosalind Rinker. Read online:

www.ccel.us/prayer.toc.html

Catechism of the Catholic Church, “Expressions of Prayer: Vocal Prayer,” #2700-2704