

We recommend that you watch Talk 5: The Spirit-Empowered Life prior to watching the prayer practicum

Spirit-Empowered Life Prayer Practicum

Speaker: Dave Nodar

The Holy Spirit prayer time is very important, giving participants the opportunity to act on what they heard in the teaching. The prayer ministry for this session is split into two parts: 1) The Father's Love and 2) Spiritual Gifts (optional).

Part 1: The Father's Love

There are two goals to this prayer time. First, to simply and expectantly pray for the person to receive a new awareness of God the Father's personal love and second, for participants to learn to pray for others. In this form of prayer, we lay our hands on the person.

Modeling it for the participants.

A leader with two other people model how we pray for others (two people act as the prayer team and one acts as the person receiving prayer). The leader models a simple conversational prayer, for example:

"Father, we ask you to fill (name of person) with the presence of your love, in Jesus' name we pray. Amen."

The other person on the prayer team can offer a similar prayer. Then the prayer team expectantly waits for the action of the Holy Spirit in response to our prayer. After a period of time you may ask the person, what they are experiencing. Encourage and tell them the truth of God the Father's love for them.

Switch to pray for one of the other persons.

Release people to pray in groups of 3.

In prayer ministry we encourage men to pray with men, and women to pray with women. Though married couples are welcome to pray with either a man or woman. Not always possible but preferred.

This time of prayer should be brief (maybe 2-4 minutes) for each person receiving prayer. Expect the Lord to answer your prayers!

During this time, consider playing a CD with quiet worship music in the background.

Is it okay for the laity to lay their hands on others while praying for them?

Yes! It is acceptable in the Catholic Church for the laity to lay hands on others while praying for them. This is a non-liturgical, non-sacramental form of prayer and should not be confused with liturgical/sacramental prayer.

This distinction is found in the Church's document "Instruction on Prayers for Healing" by the Congregation for the Doctrine of the Faith. In clarifying the difference between sacramental prayers for healing and other non-sacramental prayers, the document makes the distinction between **Liturgical** (an official act of worship by the Church carried out according her official Rites) and **Non-Liturgical** times of prayer. This form of praying for one another is non-liturgical, non-sacramental prayer.

Part 2: The Spiritual Gifts (optional)

The Church encourages openness to the charisms (CCC#799-801) under the care of our pastors.

Few people regularly operate in the spiritual gifts because they do not understand them and there is no opportunity to practice the gifts. The Following Christ course can be a venue where the spiritual gifts are introduced, encouraged, and exercised.

To do this effectively requires having people who are experienced with the charisms and able to instruct and pray for others to be empowered in their use. Additionally, there needs to be a context to grow in exercising them.

“Whether extraordinary or simple and humble, charisms are graces of the Holy Spirit which directly or indirectly benefit the Church, ordered as they are to her building up, to the good of men, and to the needs of the world.”

- Catechism of the Catholic Church, 799

“Charisms are to be accepted with gratitude by the person who receives them and by all members of the Church as well. They are a wonderfully rich grace for the apostolic vitality and for the holiness of the entire Body of Christ, provided they really are genuine gifts of the Holy Spirit and are used in full conformity with authentic promptings of this same Spirit, that is, in keeping with charity, the true measure of all charisms.”

- Catechism of the Catholic Church, 800