

## ***Franciscan Journey* chapter 16 notes**

### **When you pray ...**

#### **Rule Article 8**

As Jesus was the true worshipper of the Father, so let prayer and contemplation be the soul of all they are and do.

Let them participate in the sacramental life of the Church, above all the Eucharist. Let them join in liturgical prayer in one of the forms proposed by the Church, reliving the mysteries of the life of Christ.

#### **Commentary**

The other precondition is to make worship of the Father as central in our own lives as it was in Christ's. The Secular Franciscan, then, communicates and unites with the Lord through the sacraments (again, especially with the Eucharist), the liturgy of the hours, contemplation, and any other expression of prayer.

#### ***Constitutions* - article 14.1, 14.2, 14.3, 14.4, 14.5**

- Franciscans are called to commit to a faith-inspired reflection on the Church, its mission in today's world and the role of the Franciscan laity within it.
- The Eucharist is the center of Franciscan life.
- Participate in the Eucharist and other sacraments.
- Participate in liturgies established by the Church, with priority to the Liturgy of the Hours.
- Try to find times of silence and recollection dedicated exclusively to prayer..

#### ***Deus Caritas Est***

- Prayer seeks an encounter with the Father of Jesus Christ, asking God to be present with the consolations of the Spirit to him and his work.

#### **Let prayer and contemplation be the soul of all they are and do**

- Contemplation is a normal prayerful stance for Franciscans = times of silence and recollection dedicated exclusively to prayer.
- Models of prayer - *Liturgy of the Hours, Ritual of the Secular Franciscan Order*.
- We can be helped by dialogue about prayer and silent contemplation at our gatherings.
- Prayer based upon love leads to loving actions and intimacy with the Trinity.
- Francis modeled complete dependence upon God.

#### **Jesus reveals God's love in multiple ways**

- From the humility of the crib to the vulnerability of the cross.
- Francis, through his prayerful relationship with Jesus, grew in his love for everyone.
- United with Jesus, we are moved to actions that embrace all people and all of creation.

### ***Lectio Divina***

- Using Scripture for prayer is more than engaging in an intellectual exercise. Rather, we listen to God initiating a conversation with us.
- *Lectio divina* uses scripture as a foundation and invites us to quiet space and can be prayed both privately and in a group.
- Allow God's word to speak freely to your heart and your life.

### **The Eucharist**

- The primary, indispensable source from which to derive the true Christian spirit.
- By the power of the Holy Spirit, Christ is present in the...
  - proclamation of God's Word,
  - in the Eucharistic assembly,
  - in the person of the priest,
  - in the Eucharist.
- The Eucharist is a unifying, communal celebration.
- We are "one-with" and do not "stand-out" by personal ritual choices at Eucharist.

### **A letter to the Entire Order – *Francis of Assisi - The Saint* – Prayer: "Let Everyone be Struck....".**

- This prayer is a meditation upon the humility of Christ.
- Brothers, look at the humility of God, and pour out your hearts before Him!
- Humble yourselves that you may be exalted by Him!
- Hold back nothing of yourselves for yourselves, that He Who gives Himself totally to you may receive you totally!

### **God is Love (*Deus Caritas Est*) – Pope Benedict XVI**

- Meditation upon Mary as the Mother of all believers.

### **St Francis and his approach to Divinity (section 14) - *FUN Manual***

- Spirituality is based upon one's unique experience of God.
- Francis became completely immersed in the reality of all of Jesus.
- Conversion is a journey of discovery.
- Time of being alone with God is essential to fully live the Franciscan spirit.
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