

Public and Private Prayer

Public (liturgical or “priestly” prayer—the prayer of the Church)

Types:

Mass and other sacraments

Liturgy of the Hours (morning/evening prayer)

Liturgical. The Church’s prayer—Christ’s prayer—not my own.

Public by nature. Not dependent on the number of people present.

Universal in scope—a Christ/we focus, not just Jesus-and-me.

It is the prayer of Christ through the Church for the world. I am entering into the prayer and sacrifice of Christ. I am praying within the Trinity itself.*

Intended for everyone, includes everyone, benefits everyone.

Private (everything that isn’t public prayer—no matter how many are present)

Some types

Scripture meditation

Stations of the Cross

Eucharistic adoration

Rosary

Art reflection

Formal prayers, e.g., litanies

Contemplative prayer

Spiritual journaling

Grace before meals

Music

Labyrinth

Helps sustain me on my spiritual journey—a Jesus-and-me focus.

Affective: enables me bring my feelings to God, to wrestle with God

Which types of private prayer work best for you? i.e.,

Which types help you grow in your relationship with God?

With which types do you see changes in your life *beyond* prayer times?

Cf. *Prayer and Temperament* by Chester P. Michael and Marie C. Norrisey

*Cf. Fr. Ron Rolheiser column: June 6, 2009. (www.ronrolheiser.com)