

“SURGE OF THE HEART”: THE CATHOLIC TRADITION OF PRAYER
SESSION I: AN INTRODUCTION TO PRAYER
CATHOLICISM 101 + 4 SEPTEMBER 2019

- I. We are made for prayer

- II. Prayer from three perspectives
 - A. Prayer as *gift*

 - B. Prayer as *covenant*

 - C. Prayer as *communion*

- III. How we pray
 - A. Vocal prayer

 - B. Meditation

 - C. Contemplation

- IV. The universal call to prayer

“FOR ME, PRAYER IS A SURGE OF THE HEART; IT IS A SIMPLE LOOK TURNED TOWARD HEAVEN, IT IS A CRY OF RECOGNITION AND OF LOVE, EMBRACING BOTH TRIAL AND JOY.” — ST. THERESE OF LISIEUX