

Logos, (Greek:
"word," "reason," or
"plan") plural *logoi*,
in **Greek** philosophy
and theology, the
divine reason implicit
in the cosmos,
ordering it and giving
it form and **meaning**

Growing in Faith

Week two, Tool No. 2 - Prayers (intro to personal spirituality)
(...in the prayers...)

Meeting together on a Sunday, reading the bible and studying Christianity as it has been handed down from the apostles and doing good deeds are the most visible and immediately obvious signs of faith. What do they mean though, if they are not accompanied by a personal relationship with God?

What do you think, when someone mentions prayer?

It's more than words! The church uses words a lot, and Jesus is even known as "The Word". The word "word" when it is used this way means much more than just a text though. **How many different uses of "word" can you think of?**

Sometimes these things can be communicated without words, and a relationship which didn't involve more than words would be less deep than it could be.

How many different types of communication to you use to talk to your friends, family etc?

In the liturgy we remember the prayer that Jesus taught his disciples. Jesus also showed them what his personal prayer life looked like. In quiet, on his own, as well as in public.

What ways of praying have you experienced? Tried yourself?

Sensing spirituality, a lifestyle of prayer

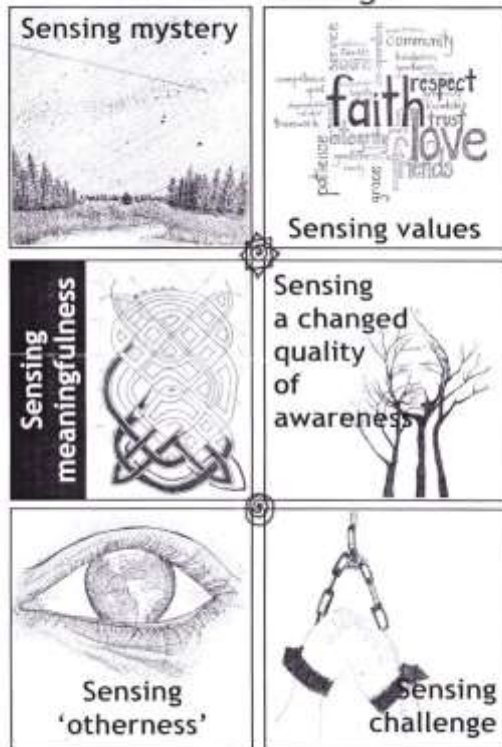
We are used to thinking about our lives in terms of the 5 physical senses. These can be used to explore many more sensations though, like love, values, meaningfulness and an awareness of being part of a greater whole (like when you sing in a choir). **Think about the areas of sensation in the picture, and pick any you are aware of having sensed.**

How could developing your ability to sense these things help your personal prayer life (much like developing your sense of taste would help you become a master chef).

Some Examples of Jesus Praying

- Matthew 14:2:
- Matthew 26:36-44
- Mark 1:35
- Luke 3:21
- Luke 5:16
- Luke 6:12
- Luke 9:19
- Luke 22:41-43
- John 16, 17

The six 'Sensings'



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| Sensing mystery: | experiences of awe, wonder and mystery about the natural world, human achievement and for some a divinity |
| Sensing values: | attitudes and feelings about what is really important, what really matters |
| Sensing meaningfulness: | the ability to make connections or to see potential patterns in one's life which give it meaning |
| Sensing a changed quality in awareness: | the feeling of being 'at one' with nature, oneself and others |
| Sensing 'otherness': | the sentiment that humans are more than their physical elements |
| Sensing challenge: | being challenged and moved by experiences such as love, beauty, goodness, joy, compassion, injustice, evil, suffering, death. |