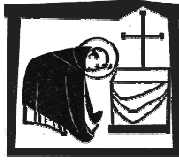


The Nine Ways of Prayer of St. Dominic

'Dominic – a man who in the midst of an everyday life full of cares is focused on God.'



The FIRST way of Prayer

'Dominic sees that he is bowed down under the situation of the world as it is, and he literally bows down;' p.63

When you consider the situation of our Global world what causes you to be bowed down?

The SECOND way of Prayer



'he is oppressed by the sense of being trapped in this situation and throws himself flat on the ground;' p.63

Where do you put yourself/what do you do when you feel trapped in this situation?

The THIRD way of Prayer



'he is tormented by the knowledge that he and his associates, along with others, perpetuate this situation despite all their good intentions, and scourges himself;' p.63

... there are few people who would want to recommend flagellation as a form of prayer. P.64

What alternatives might we have as a way of identifying with these situations?

The FOURTH way of Prayer



'he senses that God has bowed down towards him, and bows in reverence before the images which try to express this mystery.' P.64

What images express the mystery of God to you and cause you to bow in reverence?

The FIFTH way of Prayer



'From a Dominican perspective prayer shapes human existence, just as at a particular time and at a particular place it takes concrete form to become a place where there is a prospect of a liberating word, a place where this word can find a hearing and make itself felt.' P.64

Where/when does the 'Word' find a hearing in your life and make itself felt?

The SIXTH way of Prayer



'The Beatitudes – the basic law of a life of longing, of being outstretched to God. The longing for, the expectation of God's kingdom of peace and justice are experienced as a form in which the fulfilment of this promise is present in a hidden but real way.' p.67

What do you long for, wait for, hope for... because it is good for all people?

The SEVENTH way of Prayer



Dominic was also often found stretching his whole body up towards heaven in prayer, like a choice arrow shot straight up from a bow. He had his hands stretched right up above his head, joined together or slightly open as if to catch something from heaven. P.66

To live the Dominican life is to live a life that is completely focused on receiving traces of the God of salvation... p.68

Where do you find the traces of the God of salvation?

The EIGHTH way of Prayer



'Those who have sought fanatically for information, or with a thumping heart have opened a book... because it promises a long hoped-for clarification; those who angrily or sadly throw down a newspaper because of its contents; those who when surfing on the internet stare intently at what they have found on the screen, know that Dominic's prayerful way of reading still exists.' P.65 - 66

Consider a book, a film, a website, that has given you a long hoped-for clarification in your passionate search for truth.

The NINTH way of Prayer



'Dominic evidently found the necessary solitude in himself, in the midst of everyday life... Those who at some time do not talk to fellow travellers in the train... in a car or during a walk...' p.61

Where do you find solitude in the midst of everyday life?