

Oremus Lecture Talk #4: Relational Prayer (ARRR)

January 26, 2025, Sts. Anne and Joachim Catholic Church

Jeremiah 29:11-14 (English Standard Version): For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart. I will be found by you, declares the LORD, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, declares the LORD, and I will bring you back to the place from which I sent you into exile.

1. Summary of previous lectures

- a. “As the body cannot live without nourishment, so our soul cannot stay spiritually alive without prayer.” -St. Augustine
- b. Mission: Fall in love with God
- c. God’s search for man
- d. Goal is fifteen minutes a day with prayer on the Scripture passages from the workbook
- e. Practical considerations
 - i. Find the proper time to pray
 - ii. Have a plan to pray with before you begin
 - iii. Pray with the desires of our heart
- f. Lectio Divina
 - i. Lectio (Reading): Read the text three times, slowly consuming it
 - ii. Meditatio (Meditation): What is the Word saying to me, and what are the implications in my life?
 - iii. Oratio (Conversation): A sharing between friends, the persons of the Trinity, saints, angels.
 - iv. Contemplatio (Contemplation): A resting with the Lord, not talking but seeking peace.

2. Week 4: Relational Prayer, or ARRR

- a. Acknowledge, relate, receive, respond
- b. Similar to Lectio Divina, but different in some ways, expands on the Oratio of Lectio Divina.
- c. Example of the Annunciation of Mary (Luke 1:26ff)
 - i. Mary Acknowledges the angel’s presence, the angel came to her
 - ii. Mary relates with the angel, asking how this could be since she does not know man.
 - iii. Mary receives from the angel, the Holy Spirit will overshadow you.
 - iv. Mary responds to the angel, saying yes to the Lord’s plan.
- d. Acknowledge
 - i. What am I thinking, feeling, or desiring in prayer
 - ii. In relationship to a Scripture Passage
 1. What is it that I’m seeing?
 2. What is it that I’m thinking and feeling about what I see?
- e. Relate
 - i. “Where does prayer come from? Whether prayer is expressed in words or gestures, it is the whole man who prays. But in naming the source of prayer, Scripture speaks sometimes of the soul or the spirit, but most often of the heart (more than a thousand times). According to Scripture, it is the heart that prays. If our heart is far from God, the words of prayer are in vain.” (CCC 2562)
 - ii. Share and converse what I’m seeing, feeling, thinking or desiring with someone else spiritually, Jesus, Mary, the Father, etc.
 - iii. Not just thinking about our thoughts, not ruminating, but truly sharing.
 - iv. Tips for relating to God

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1. Don't merely think about God; talk to Him.
2. Be aware and honest, nothing is off limits.
3. Pay attention to the places you do not want to go.

f. Receive

- i. "God speaks in silence, but we must know how to listen." (Pope Benedict XVI)
- ii. Peace and consolation
- iii. Receiving fear or anxiety may be from ourselves or the evil one.

g. Respond

- i. "The 'yes' of God is not halved, it is not somewhere between 'yes' and 'no,' but is a sound and simple 'yes.' And we respond to this 'yes' with our own 'yes,' with our 'amen,' and so we are sure of the 'yes' of God." (Pope Benedict XVI)
- ii. What will be the action I take due to what I'm thinking, feeling, relating and receiving from God?
- iii. Could lead to more conversation, questions, tears, laughter.

h. These four elements are dynamic and malleable, not rigid and static.

- i. Practice with Matthew 6:25-34

3. Homework

a. Pray with the following passages, one a day

- i. Day 1: Psalm 91
- ii. Day 2: Genesis 1
- iii. Day 3: Daniel 3:35-68
- iv. Day 4: Daniel 3:35-68
- v. Day 5: Philippians 4:11-13
- vi. Day 6: Philippians 4:11-13
- vii. Day 7: Revisit a passage that spoke well to you this week.

b. With the prayer, answer the questions:

- i. The "strongest" thought or feeling during my prayer was...
- ii. My heart "rested" when...
- iii. I sensed the Lord was telling me...
- iv. I ended the prayer wanting...

4. Additional Resources

- a. Interior Integration for Catholics Podcast, Episode 153: <https://www.soulsandhearts.com/iic-podcast/iic-153-the-arrr-prayer-and-integrated-human-formation-with-fr-john-horn/>
- b. Acknowledge, Relate, Receive, Respond in Prayer with Jessi Kary, AO: <https://priestlyformation.org/resources/meditations-for-prayer/jessi-kary-ao-arrr.html>