

**LIVING OUR LASALLIAN HERITAGE:  
BECOMING PEOPLE of PRAYER**

**“Lift up your hearts to the Lord and give Him thanks.”**



**We pause and remember that as we continually live in God’s holy presence,  
we recall the words of Jesus, “Wherever two or three gather in My name,  
I will be there in the midst of them.” Matthew 18: 20  
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

**We as Lasallians believe that prayer is a gift from the Father.  
We welcome this gift in all the events of our daily life and respond to them  
in praise, in thanksgiving, by asking intercession,  
and by asking for forgiveness.**

**We never tire of saying, “Lord, teach us to pray.”**

**As Lasallians we pray in the name of Christ  
for our own needs, for the needs of others, and for the needs of the world.**

**We look to Sacred Scripture, the liturgy and the people  
and events around us as a source of our prayer.**

**Reading about the Saints can be very helpful to our spiritual life.**

**In addition to their written works, we can learn from their lives.**

**These are the people who were successful, often in spite of great difficulties.**

**We remain united to God throughout the day  
by frequently remembering the presence of God,  
and by praying the invocation: “Live Jesus in our hearts. Forever!”  
This reminds us of the presence of the Lord Who lives in our midst.**

**We provide ourselves with short periods of prayer throughout the day.  
Lasallians set their minds on God and unite themselves to  
Jesus Christ in His mysteries, His virtues and His teachings.**

**We participate in the Eucharist as frequently as possible,  
and take time daily to visit the chapel where Christ is present in the Eucharist.**

**Lasallians make their community a praying community  
open to all who wish to join us in prayer.**

**Rule of De La Salle: #15 Prayer**

**Psalm 92 : 1-4**

**It is good to praise the Lord  
and make music to your name, O Most High,  
to proclaim Your love in the morning  
and Your faithfulness at night.  
For You make me glad by Your deeds, O Lord;  
I sing for joy at the work of Your hands.**



**Psalm 100**

**Shout for joy to the Lord, all the earth.  
Worship the Lord with gladness;  
come before Him with joyful songs.  
Know that the Lord is God.  
It is He Who made us, and we are His;  
we are His people, the sheep of His pasture.  
Enter His gates with thanksgiving  
and His courts with praise;  
give thanks to Him and praise His name.  
For the Lord is good and His love endures for ever;  
His faithfulness continues through all generations.**

**HYMN: STANDING IN THE NEED OF PRAYER**

**Not my brother, not my sister, but it's me oh Lord  
Standing in the need of prayer  
Not my brother, not my sister, but it's me oh Lord  
Standing in the need of prayer  
It's me, it's me, it's me, oh Lord  
Standing in the need of prayer  
It's me, it's me, it's me, oh Lord  
Standing in the need of prayer**

**Not the preacher, not the sinner, but it's me oh Lord  
Standing in the need of prayer  
Not the preacher, not the sinner, but it's me oh Lord  
Standing in the need of prayer  
It's me, it's me, it's me, oh Lord  
Standing in the need of prayer  
It's me, it's me, it's me, oh Lord  
Standing in the need of prayer**

**Not my mother, not my father, but it's me oh Lord  
Standing in the need of prayer  
Not my mother, not my father, but it's me oh Lord  
Standing in the need of prayer  
It's me, it's me, it's me, oh Lord  
Standing in the need of prayer**

**It's me, it's me, it's me, oh Lord  
Standing in the need of prayer**

**It's me, it's me, it's me, oh Lord  
Standing in the need of prayer**

**It's me, it's me, it's me, oh Lord  
Standing in the need of prayer**

**The late Pope John Paul II indicated that people sometimes say they don't know how to pray. "How to pray? This is a simple matter. I would say: *Pray any way you like, so long as you do pray.*" You can pray the way your mother taught you; you can use a prayer book. Sometimes it takes courage to pray; but it is possible to pray, and necessary to pray. Whether from memory or a book or just in thought, it is all the same. John Paul II, The Way of Prayer**

**Two important prayers we can pray and think about are:**

**The Lord's Prayer:**

**Our Father, You Who are in heaven,  
most holy is Your name and all peoples praise You.  
May Your kingdom be here and now as it will be later.  
May Your will be done and may we accept it here on earth.  
Give us this day all that is necessary for us.  
Forgive us of our sins as we forgive others who sin against us.  
Do not let us give in to temptation and protect us from all evil.  
Matthew 6: 9 - 15**

**The Jesus Prayer**

**Lord, Jesus Christ, Son of the Living God, have mercy on me, a sinner.  
Matthew 20: 30 - 31**



**Are you depressed?**

**Read [Psalm 41](#)**

**Are you in need of consolation?**

**Read [Canticle of Jeremiah](#).  
([Jer. 17:7-8](#))**

**Are you the victim of ingratitude?**

**Read [Psalm 108](#)**

**Are you discouraged?**

**Read [Psalm 10](#)**

**Are you falsely accused?**

**Read [Psalm 7](#)**

**Are you afraid of storms?**

**Read [Psalm 28](#)**

**Are you in trouble?**

**Read [Psalm 33](#)**

**Are you tempted?**

**Read [Psalm 55](#)**

**Are you impatient?**

**Read [Psalm 30](#)**

**Are you proud?**

**Read [Psalm 35](#)**

**We can ask any person in heaven, any saint, to join us in prayer.  
This includes our relatives who have gone before us.**

**We do not pray to the saints in the sense that they have any power of their own. We ask them to pray with us to God, just as I can ask you to pray with me to God. We do assume that they can hear us, and, because they are with God, and lived very good holy lives, we feel their prayers joined to ours will be powerful. God would be inclined to listen to such good people who are close to him. However, we do not think it is necessary or essential to pray to saints. Our one mediator is Jesus who is the bridge between us and God. He is really the essential conduit. However, we **honor the** saints, which is not to say that we give them adoration or honor due to God alone. It means we honor them as people who successfully cooperated with God's grace in this life and are among the great cloud of witnesses in heaven. They succeeded the Christian life. They say to us that we can succeed too if we persevere. They are fully totally human and their lives give us hope for ourselves, that we too in our own time and place can do God's will successfully.**



**He shall pray and God will favor him; he shall see God's face with rejoicing.  
Job 33: 26**

**And you shall call upon Me, and you shall go: and you shall pray to Me, and I will hear you. You shall seek Me, and shall find Me when you seek me with all your heart. Jeremiah 29:12-14**

**Evening, and morning, and at noon, will I pray, and cry aloud: and God will hear my voice. Psalm 55: 17**

**When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward.**

**But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you.**

**Matthew 6: 5 - 6**

**Therefore I tell you, all that you ask for in prayer, believe that you will receive it and it shall be yours. Mark 11: 24**

**Watch and pray that you may not give in to temptation. The spirit is willing but the flesh is weak." Mark 14: 38**

**Lord, teach us to pray. Luke 11: 1**

**Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you. 1 Thessalonians 5: 17 - 18**



## **REFLECTION**

So often we have treated God like an “answer-to-prayer-dispenser” rather than a Person with whom we have an enjoyable love relationship.

Although our communion with God is all about our heart’s attitude, the following are four aspects of prayer that make for a healthy conversation with God.

**1. Adoration.** To show adoration to God is to worship, praise, honor and exalt Him. In other words, respect Him, be in awe of Him, say wonderful things about Him. Psalm 103 and 145 are good examples of adoring the Lord.

**2. Confession.** When we begin to acknowledge how great, perfect and awesome our God is, we can’t help but recognize our weaknesses and sins. Admitting and confessing our sins (1 John 1:9), and knowing He has forgiven our past, present and future sins is vital to our prayer life. God is a Holy God, so we need to come to Him with a clean heart. “He would not have listened if I had not confessed my sins” (Psalm 66:18).

**3. Thanksgiving.** Giving thanks expresses our faith, and it is faith that pleases God. In 1 Thessalonians 5:18, Paul says, “In all things give thanks for this is the will of God in Christ concerning you.” We don’t necessarily give thanks for the circumstances, but give thanks for His total provision during good – and painful – circumstances.

**4. Supplication.** Asking seems to come naturally to children. As God’s children, we can freely talk to Him, asking Him for anything. And like any caring parent, He will say, “Yes” to some of our requests, “No” some of the time, and at times, He will say, “Wait.” In Philippians 4:6, we read “Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God.”

You can remember this outline for prayer through the acronym ACTS – Adoration, Confession, Thanksgiving and Supplication.  
Each component is a necessary for an effective prayer life.



Be, Lord Jesus, a bright flame before me,  
a guiding star above me,  
a smooth path below me,  
a kindly shepherd behind me:  
today, tonight, forever.

## **INTERCESSIONS**

**Response: Lord, teach us to pray.**

**That we always acknowledge that God is our Creator, Redeemer, and Sustainer and that all glory is His, we pray:**

**That throughout the day we will unite ourselves with the Lord through prayer, we pray:**

**That daily we might pray to put on the mind and heart of Jesus, we pray:**

**That we will have a true sorrow for our past sins and failings and turn from evil to good, from darkness to light, we pray:**

**That we continually be people of thanksgiving, we pray:**

**That we may always be able to accept and embrace the will of God in our regard, we pray:**

**That we will be people of prayer at all times and in all circumstances, we pray:**

### **LET US PRAY:**

**Lord, teach us to pray. Help us to see prayer as a gift and welcome it in all the events of our daily life and respond to it in praise, thanksgiving, asking for forgiveness and intercession. May we, at all times and in all circumstances, unite ourselves to You. Amen.**



### **LASALLIAN PRAYER PRACTICES**

**Frequently place yourself in the presence of God**

**Reflectively read and pray Sacred Scripture daily**

**Partake as often as possible in the Eucharist**

**Receive the Sacrament of Reconciliation often**

**Participate in days of spiritual renewal as well as a retreat**

**Set aside time each day for spiritual reading**

**Spend time each day in quiet meditation**

**Pray together with one another**

**Pray the rosary**

**Take part in the life of prayer of your parish**

**Daily examine your conscience**

**Seek spiritual direction**

**Perform interior and external practices of mortification**

**Rule of the Brothers**

## **HYMN: WHAT A FRIEND WE HAVE IN JESUS**

**What a friend we have in Jesus,  
all our sins and griefs to bear!  
What a privilege to carry  
everything to God in prayer!  
O what peace we often forfeit,  
O what needless pain we bear,  
all because we do not carry  
everything to God in prayer.**

**Have we trials and temptations?  
Is there trouble anywhere?  
We should never be discouraged;  
take it to the Lord in prayer.  
Can we find a friend so faithful  
who will all our sorrows share?  
Jesus knows our every weakness;  
take it to the Lord in prayer.**

**Are we weak and heavy laden,  
cumbered with a load of care?  
Precious Savior, still our refuge;  
take it to the Lord in prayer.  
Do thy friends despise, forsake thee?  
Take it to the Lord in prayer!  
In his arms he'll take and shield thee;  
thou wilt find a solace there.**

*You carry out a work that requires you to touch hearts,  
but you cannot do this except by the Spirit of God.  
Pray to Him to give you the same grace that He gave to the apostles,  
and ask Him that, after filling you with His Holy Spirit to sanctify  
yourself,  
that He also communicate Himself to you  
in order to procure the salvation of others.  
De La Salle - Meditations for Retreat*



**Saint John Baptist de La Salle  
and all you holy Brothers who have gone before us,  
help us to grow in a true spirit of prayer.**

**Live Jesus in our hearts.**