## **Practicing Prayer**

Contents

Foreword by the Rev. Robert A. Gallagher, OA

Kinds of Prayer

Personal Use of Corporate Prayer The Daily Office

Personal Devotions Preparation for Prayer

Meditating with Scripture Lectio Divina Ignatian Method of Prayer The Sulpician Method of Prayer

Other Forms of Kataphatic Prayer A.C.T.S. Method of Prayer Conversational Prayer Praying with Nature

Toward Apophatic Prayer Breath Prayer Mantra Centering Prayer

The Four Rs Living and Praying in the Present Moment Faith, Not Works

Conclusion Afterword by Michelle Heyne, OA