

CHURCH OF THE MAGDALEN

Wednesday #1: Structuring your Prayer
Pirate Prayer (The ARRR method)
January 5, 2022

The ARRR method is a helpful structure to guide us in how to use our prayer time to lead us to the Lord.

1. Setting up for success.
 - a. Have a game plan. Plan out before you start: how long you intend to pray, what will you pray with (this worksheet? lol.), and where or what posture (sitting, kneeling, etc.) Then, stick with the plan! You can always pray longer than you intend, just commit to your (realistic) goal.
 - b. Considering frequency and duration of prayer, it can be good to remember that prayer is a sacrifice.
2. Entering into prayer: A first step
 - a. It is always helpful to recognize that God is a loving Father. Calling to mind how He is with me, at this very moment reminds me of who He is (God, my Father) and who I am (beloved child).
 - b. Sometimes it's helpful to begin by opening up to inspiration: reading a Scripture passage, meditating on some aspect of Jesus' life, etc.
3. General tips:
 - a. This acronym is "ARRR". The progression of these steps translate into any type of prayer, helping build our relationship with God. Consider approaching prayer as you would approach a conversation: it requires a back-and-forth sharing of selves.
 - b. *Read* this side of the worksheet; *pray* the other side of this worksheet.

<u>A</u>cknowledge	What is going on with me right now? What has my attention? <ul style="list-style-type: none"> ● What are my Thoughts right now? ● What are my Feelings? How do I feel? ● What do I Desire? <u>What do I want</u>?
<u>R</u>elate	God actually really cares about your Thoughts, Feelings, and Desires. So, take those things you Acknowledge about what is going on with you right now and Relate those things to God. Just simply...tell Him. He is listening.
<u>R</u>eceive	<ul style="list-style-type: none"> ● What would be most helpful is to make this step the clear majority of your prayer time, e.g. strive for 80% of your prayer time. It's okay if you take a little less than that at first; it gets easier to listen. ● Pro tip: Prayer is not self-help. In prayer- don't focus on what YOU are doing...focus on what GOD is doing. ● Patience is needed. We are human beings- things happen a lot slower than what we normally want. But if we could produce God on demand, how would we know it was God and not just us? ● Expect that <u>distraction</u> is a reality in prayer- don't beat yourself up. <ul style="list-style-type: none"> ○ Gently move back to the last point of prayer. ○ Consider saying Jesus' name or a brief phrase (Jesus, I trust in you). ● Mary was the best "receiver" of God.If you're struggling, ask her to help!
<u>R</u>espond	After dedicating time to Receive from God, what is your Response? Gratitude? Fear? Confusion? Tell Him. Consider ending prayer with some form of Thanksgiving and an Act of Faith . It can sound like, "Jesus, <i>thank you</i> for being with me in this way:_____. I <i>believe</i> _____ (...that you are with me, that you love me, etc. You can even add the <i>evens</i> if it's helpful. e.g. I believe that you are with me <i>even</i> if I don't feel You, <i>even</i> if I haven't figured out the listening thing yet...etc.)

Guided Meditation: Pirate Prayer (The ARRR Method)

1. **Enter in:** Make the sign of the Cross and become aware of God's presence.
 - a. Deep breath. Relax those shoulders. Get comfy in the pew.
 - b. Take a full minute to look at Jesus on the altar, and let Him look at you.
 - c. Ask God in your own words to be with you during your time of prayer. Ask Him to reveal Himself to you, to let you know that He's with you.
2. **Acknowledge:** Take a self-inventory. What's up with you? (pro-tip: Ask the Holy Spirit to help you figure yourself out.) *You can write here or reflect on your answers in your head:*

a. What are my Thoughts right now?

b. What are my Feelings? How do I feel?

c. What do I Desire? What do I want?

3. **Relate:** Now tell Jesus what's up with you. You can write it here or tell Him in your head/heart. Just make a point to address Him directly (God, Jesus, Holy Spirit, etc.):

4. **Receive:** Hooray! You've done your part. Now it's up to God. Commit to taking the next amount of time (decide- is it gonna be 5 minutes? 20?) to silently listen for God's response.
 - a. *Be aware if you notice any of the following ways God might be communicating:*
 - i. Words or phrases that keep popping into your head, particularly if any remind you of Scripture passages. (Pro-tip: if so, google that passage!)
 - ii. Images that appear in your mind
 - iii. Sensations of peace, joy, awareness of an accompanying presence, aspirations to do good, patterns of emotion (when x comes to mind, you notice you feel y.)
 - b. Don't be too worried about distractions. When you catch yourself distracted, just let the thought go and return to God by saying Jesus' name.

5. **Respond:** Close your prayer time: Consider offering thanksgiving and an act of faith:

Jesus, thank you for being with me in this way: _____

I believe _____ . Amen.

