



The second way of prayer



The Nine Ways of Prayer of St Dominic

The Second Way



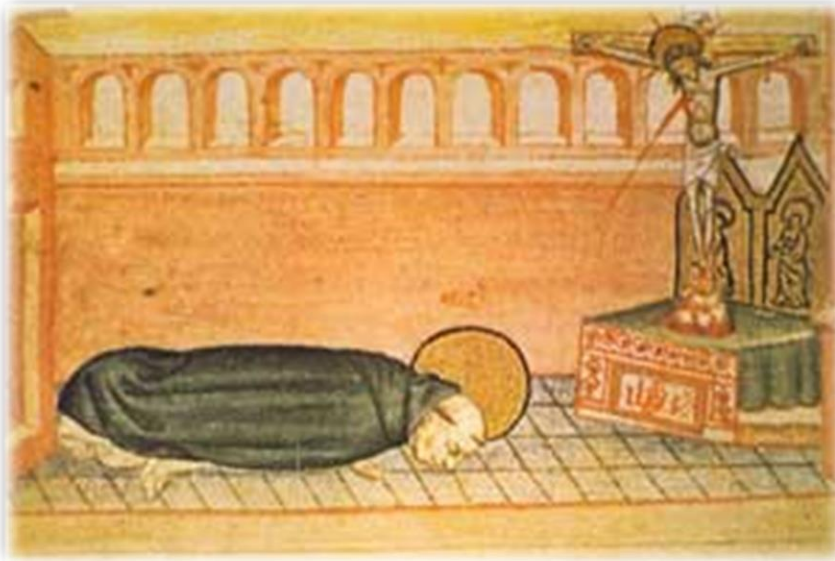
Crucifixion with the Virgin, Saints and a friar at the foot of the cross.
Fresco by Beato Angelico and followers, cell 40, Monastery of San Marco in Florence.



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- ✚ Dominic's second way of prayer would be to lie prostrate upon the floor before the altar:
 - The attitude was of humility.
 - The gesture of prostration.
- ✚ He would become aware of his sins and the sins of the world and would feel remorse.
- ✚ He would call to mind the words of the sinner in Luke 18:13:
 - "O God, be merciful to me, a sinner."
- ✚ He would groan and say: "I am not worthy to see the heights of heaven because of the greatness of my iniquity, for I have aroused thy anger and done what is evil in thy sight."
- ✚ "For our soul is cast down to the dust, our belly is flat on the earth."
Psalm 44.25
- ✚ He would remind the monks of the Magi falling down and worshipping Christ: "Come let us adore and fall down: and weep before the Lord that made us." Psalm 94:6





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God, be merciful to me a sinner...

He also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt: "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!' I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted."

Luke 18:9-14

He laid prostrate before the Lord...

Then I lay prostrate before the LORD as before, for forty days and forty nights. I neither ate bread nor drank water, because of all the sin that you had committed, in doing what was evil in the sight of the LORD to provoke him to anger. For I was afraid of the anger and hot displeasure that the LORD bore against you, so that he was ready to destroy you. But the LORD listened to me that time also. And the LORD was so angry with Aaron that he was ready to destroy him. And I prayed for Aaron also at the same time. Then I took the sinful thing, the calf that you had made, and burned it with fire and crushed it, grinding it very small, until it was as fine as dust. And I threw the dust of it into the brook that ran down from the mountain.

At Taberah also, and at Massah and at Kibroth-hattaavah you provoked the LORD to wrath. And when the LORD sent you from Kadesh-barnea, saying, 'Go up and take possession of the land that I have given you', then you rebelled against the commandment of the LORD your God and did not believe him or obey his voice. You have been rebellious against the LORD from the day that I knew you.

So I lay prostrate before the LORD for these forty days and forty nights, because the LORD had said he would destroy you. And I prayed to the LORD, 'O Lord GOD, do not destroy your people and your heritage, whom you have redeemed through your greatness, whom you have brought out of Egypt with a mighty hand. Remember your servants, Abraham, Isaac, and Jacob. Do not regard the stubbornness of this people, or their wickedness or their sin, lest the land from which you brought us say, "Because the LORD was not able to bring them into the land that he promised them, and because he hated them, he has brought them out to put them to death in the wilderness." For they are your people and your heritage, whom you brought out by your great power and by your outstretched arm.'

Deuteronomy 9:18-29



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Prostration before God...

Then Abram fell on his face; and God said to him, "As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall you be called Abram, but your name shall be Abraham, for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you."

Genesis 17:3-6

Then Moses and Aaron went away from the assembly to the entrance of the tent of meeting; they fell on their faces and the glory of the Lord appeared to them.

Numbers 20:6

Then David said to the whole assembly "Bless the Lord your God." And all the assembly blessed the Lord, the God of their ancestors, and bowed their heads and prostrated themselves before the Lord and the King.

I Chronicles 29:20

Then Ezra blessed the Lord, the great God, and all the people answered, "Amen, Amen," lifting up their hands. Then they bowed their heads and worshipped the Lord with their faces to the ground.

Nehemiah 7:6

Like a bow in a cloud on a rainy day, such was the appearance of the splendour all around. This was the appearance of the likeness of the glory of the Lord. When I saw it, I fell on my face; and I heard the voice of someone speaking.

Ezekiel 1:28

On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage. Then opening their treasures chests, they offered him gifts of gold, frankincense and myrrh.

Matthew 2:11

When he saw Jesus, he bowed his face to the ground and begged him, "Lord, if you choose you can make me clean."

Luke 5:12

And all the angels stood round the throne and around the elders and the four living creatures, and they fell on their faces before the throne and worshipped God, singing, Amen! Blessing and glory and wisdom and thanksgiving and honour and power and might be to our God for ever and ever! Amen

Revelation 7:11-12





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All to Jesus I surrender;
 All to Him I freely give;
 I will ever love and trust Him,
 In His presence daily live.

Refrain:
 I surrender all,
 I surrender all;
 All to Thee, my blessed Saviour,
 I surrender all.

All to Jesus I surrender;
 Humbly at His feet I bow,
 Worldly pleasures all forsaken;
 Take me, Jesus, take me now.

All to Jesus I surrender;
 Make me, Saviour, wholly Thine;
 Let me feel the Holy Spirit,
 Truly know that Thou art mine.

All to Jesus I surrender;
 Lord, I give myself to Thee;
 Fill me with Thy love and power;
 Let Thy blessing fall on me.

All to Jesus I surrender;
 Now I feel the sacred flame.
 Oh, the joy of full salvation!
 Glory, glory, to His Name!

Judson Van DeVenter, 1896



Everyone needs compassion,
 Love that's never failing;
 Let mercy fall on me.

Everyone needs forgiveness,
 The kindness of a Saviour;
 The Hope of nations.

Saviour, He can move the mountains,
 My God is Mighty to save,
 He is Mighty to save.

Forever, Author of salvation,
 He rose and conquered the grave,
 Jesus conquered the grave.

Now take me as You find me,
 All my fears and failures,
 Fill my life again.

Give my life to follow
 Everything I believe in,
 now I surrender.

Saviour, He can move the mountains,
 My God is Mighty to save,
 He is Mighty to save.
 Forever, Author of salvation,
 He rose and conquered the grave,
 Jesus conquered the grave.

Shine your light and let the whole world see,
 We're singing for the glory of the risen King...Jesus

Ben Fielding and Reuben Morgan, EMI publishing



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Suggestions for how you might like to use this time of prayer:

- ✚ Read the commentary on Dominic and the second way of prayer. Meditate on the image of Dominic at prayer.
- ✚ Read and reflect on a few of the Bible verses mentioning prostration and falling on your face before God.
- ✚ Spend some time in the second way of prayer:
 - Lie prostrate on the floor, using a prayer mat if you prefer.
 - Ponder on the image of the magi bowing before Jesus.
 - Pray the words aloud or in your heart from Daniel 9:5 “we have sinned and done wrong, acted wickedly and rebelled, turning aside from your commandments and ordinances.”
 - Repeat slowly the Jesus prayer. As you focus on the words note the things that God brings to your heart and mind:
 - Jesus, son of the living God (breathe in)
 - Have mercy on me a sinner (breathe out)
 - Be mindful of God, Father, Son and Spirit who has created you, redeemed you and loves you.
- ✚ Go for a walk with God and talk with him or just rest in his presence.
- ✚ At the end of the time of prayer spend time reflecting in your journal on what God has been revealing to you through this time.

*O Lord Jesus Christ,
Son of the living God,
set your passion, cross and death
between your judgement and our souls,
now and in the hour of our death.
Grant mercy and grace to the living,
rest to the departed,
to your Church peace and concord
and to us sinners forgiveness,
and everlasting life and glory;
for, with the Father and the Holy Spirit,
you are alive and reign,
God, now and for ever. Amen*

Collect for None

He must increase, but I must decrease.
John 3:30

New International Version - UK (NIVUK)

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For more information on the nine ways of prayer of Dominic go to <http://www.laydomdenver.org/wp-content/uploads/2015/04/The-Nine-Ways-of-Prayer-of-St.pdf> or to Simon Tugwell's 1978 book *Nine Ways of Prayer*

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