

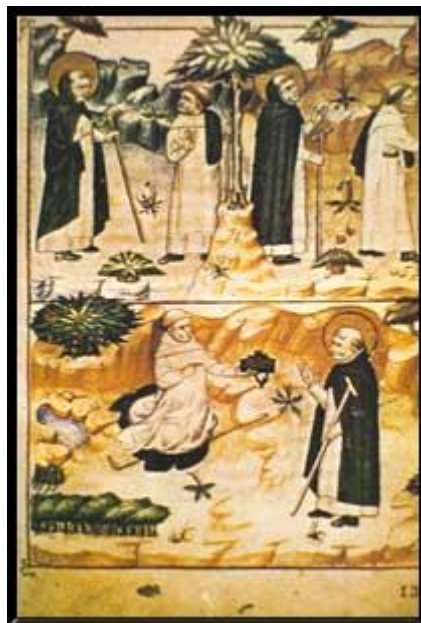


## The ninth way of prayer



# The Nine Ways of Prayer of St Dominic

## The Ninth Way



From the Codex Rossianus in the Vatican library



## The ninth way of prayer



- + Dominic's ninth way of prayer he observed when travelling from one country with another with his companions, especially through a deserted area:
  - The attitude is that of enthusiasm for preaching.
  - The behaviour is conversation.
- + Dominic gave himself completely to meditation, leading to contemplation.
- + He would say to his companion "It is written in Hosea 'I will lead her into the wilderness and I will speak to her ear'."
- + He would part from his companion either walking ahead or following behind.
- + He would then walk and pray.
- + "In his meditation he was inflamed and the fire of charity was enkindled."
- + "The brethren thought that it was while praying in this way that the saint obtained his extensive penetration of Sacred Scripture and profound understanding of the divine words, the power to preach so fervently and courageously, and that intimate acquaintance with the Holy Spirit by which he came to know the hidden things of God."











## The ninth way of prayer



Suggestions for prayer:

-  Read the commentary on Dominic and the ninth way of prayer. Meditate on the image of Dominic at prayer.
-  Lectio Divina – using one of the passages of scripture provided.
-  Meditate on one of the images.
-  Spend some time in the ninth way of prayer:
  - You may wish to go on a prayer walk.
  - You may wish to use the labyrinth outside.
  - You may wish to do a virtual prayer walk.
  - You may wish to do a finger labyrinth.
-  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.
-  Prayerfully consider what you would like to share with others.



## The ninth way of prayer



O God, you are my God; earnestly I seek you;  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water.  
So I have looked upon you in the sanctuary,  
beholding your power and glory.  
Because your steadfast love is better than life,  
my lips will praise you.  
So I will bless you as long as I live;  
in your name I will lift up my hands.  
My soul will be satisfied as with fat and rich food,  
and my mouth will praise you with joyful lips,  
when I remember you upon my bed,  
and meditate on you in the watches of the night;  
for you have been my help,  
and in the shadow of your wings I will sing for joy.  
My soul clings to you;  
your right hand upholds me.

### Psalm 63:1-8

“Therefore, behold, I will allure her,  
and bring her into the wilderness,  
and speak tenderly to her.  
And there I will give her her vineyards  
and make the Valley of Achor a door of hope.  
And there she shall answer as in the days of her youth,  
as at the time when she came out of the land of Egypt.

“And in that day, declares the LORD, you will call me ‘My Husband’, and no longer will you call me ‘My Baal.’ <sup>17</sup> For I will remove the names of the Baals from her mouth, and they shall be remembered by name no more. <sup>18</sup> And I will make for them a covenant on that day with the beasts of the field, the birds of the heavens, and the creeping things of the ground. And I will abolish the bow, the sword, and war from the land, and I will make you lie down in safety. <sup>19</sup> And I will betroth you to me for ever. I will betroth you to me in righteousness and in justice, in steadfast love and in mercy. <sup>20</sup> I will betroth you to me in faithfulness. And you shall know the LORD.

“And in that day I will answer, declares the LORD,  
I will answer the heavens,  
and they shall answer the earth,  
and the earth shall answer the grain, the wine, and the oil,  
and they shall answer Jezreel,  
and I will sow her for myself in the land.  
And I will have mercy on No Mercy,  
and I will say to Not My People, ‘You are my people’;  
and he shall say, ‘You are my God.’”

### Hosea 2:14-23



## The ninth way of prayer



We have a gospel to proclaim  
Good news for men in all the earth;  
The gospel of a Saviour's name:  
We sing His glory, tell His worth.

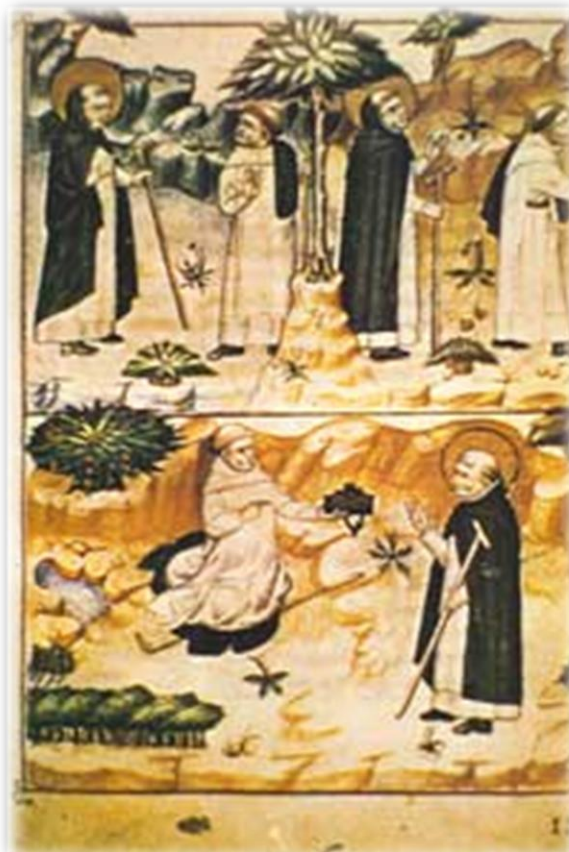
Tell of His birth at Bethlehem,  
Not in a royal house or hall  
But in a stable dark and dim:  
The Word made flesh, a light for all.

Tell of His death at Calvary,  
Hated by those He came to save;  
In lonely suffering on the cross  
For all He loved His life He gave.

Tell of that glorious Easter morn:  
Empty the tomb, for He was free.  
He broke the power of death and hel  
That we might share His victory.

Tell of His reign at God's right hand,  
By all creation glorified;  
He sends His Spirit on His Church  
To live for Him, the Lamb who died.

Now we rejoice to name Him King:  
Jesus is Lord of all the earth.  
This gospel message we proclaim:  
We sing His glory, tell His worth.





# The ninth way of prayer



## Walking as praise

There is so much to give thanks for in the world God has created. Things we can see. Things we can smell and touch. Sounds we can hear. Sensations we can feel. The quietness of just being with God in the moment appreciating him Father, Son and Spirit in the beauty of his creation.

*O Lord our God, how majestic is your name on all the earth. Psalm 8*

## Walking as blessing

As we walk we can pray God's blessing into the area we are walking in, and in to the lives of the people we meet. We can ask God to bring light out of darkness; joy out of sorrow. We may wish to pray through the beatitudes as we do so.

*May the Lord bless you from Zion, He who made heaven and earth. Amen. Psalm 134.*

## Walking in humility

As you walk, spend some time looking at God, who He is and all He has done for you. Also spend some time considering how the God who loves and created you sees you- unique, loved and made in his image.

*Lord God, we ask for your grace. Help us to submit to you alone. Help us to draw near to you alone. Cleanse our hands and purify our hearts. May we mourn. May we be humble before you our God and Saviour.*

## Walking in awareness of our sin and of God's forgiveness

As you walk spend some time reflecting on how you have fallen short of the glory of God. The things you have done against the will of God. The things you have left undone. Confess these things to God. As you walk you may like to recite the Jesus prayer: *Jesus Christ, son of the living God, have mercy on me a sinner.*

*As you end this prayer walk, become fully aware of God's forgiveness. Almighty God, whose only Son has opened for us a new and living way into your presence: give us pure hearts and steadfast wills to worship you in spirit and truth; through Jesus Christ our Lord. Amen. Common Worship*

## Walking as intercession

We can use the time walking to pray for others. Our friends our family. Our work colleagues. Others we are in contact with. Those we have committed to pray for, for example link missionaries. We might find it helpful to pick up some small stones or leaves as we walk placing them in a pocket, and one by one use them to symbolise someone we are praying for. We can be open to how God may be asking us to be involved. As we complete our time of prayer we can symbolic throw the stone or leaf into the grass or a stream as we leave them in God's hands. God who loves them more than we could possibly love them.

*May the grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen. Galatians 6:18*

## Walking as identification

As you walk imagine yourself in someone else's shoes – maybe someone you know personally, or someone suffering as a result of war, need or natural disaster. Ask God to show you the areas you need to pray into, and talk to God about these areas. Ask for his healing, restoration and hope in dark places.

*Our Father in heaven, Hallowed be your name. Your kingdom come. Your will be done on earth as in heaven. Give us today our daily bread, and forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom and the power and the glory are yours, now and forever. Amen.*

## Walking and listening to God

As you walk in silence, seek God and ask him to speak to you. Ask Him to open the eyes of your heart. Ask Him to open the ears of your spirit. Be open to His voice as you walk.

*Speak God, I am your servant, ready to listen. I Samuel 3:10*

## Virtual prayer walking

If walking is a challenge for you, you can always take a virtual prayer walk. Get a map of the retreat house and sit in the library overlooking the grounds and 'walk' as you pray. You might also like to use the small labyrinth in the garden, or the paper labyrinth provided in the resource pack. When at home another possibility would be to use a photo gallery on the computer, or to use a map of the town, country or continent you pray for, and prayer walk through this map. Adapted from source where the author is unknown



*... you will reveal the path of life to me,  
give me unbounded joy in  
Your presence...*

Psalms 16:1

**Your labyrinth prayer time** can be as open or as focused as you would like it to be.

You might want to simply enter the labyrinth and walk with the Lord...

or, before you enter the labyrinth, you might like to take time to:

- ◊ Read and reflect on a line or two from Scripture
- ◊ Hold a memory or a photo of a loved one you wish to pray for
- ◊ Consider an experience in your life where you are seeking healing or forgiveness
- ◊ Think about a key celebration in your life and walk a prayer of thanksgiving in the labyrinth.



## Labyrinth Prayer Guide

Walking a labyrinth is like making a pilgrimage...

It is a journey where you might think about loved ones, distractions or burdens on the way in, be open to the grace and love of God at the centre and return uplifted, blessed and renewed.

Labyrinths are ancient spiritual pathways found across the world and embraced in Medieval times and since as a support for prayer. Today, labyrinths are again being created to offer a spiritual space for prayer and reflection providing a stilling space in a busy world.

A labyrinth is different from a maze. A maze is full of dead-ends and tricks. A labyrinth has only one path that always leads to the centre... you cannot get lost..... Just stay on the path.....

There is no right or wrong way to walk a labyrinth... no set pace... just follow the path in your own time...

Finger labyrinths can be used for prayerful reflection when it is not possible to walk a full-sized labyrinth.

*....did not our hearts burn within us as he  
talked to us on the road...*

Luke 24:32



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### Praying with a Labyrinth

- Be still and gently pray: I place myself in your presence O Lord, my God.
- When you are ready... walk into the labyrinth or on a finger labyrinth slowly trace the path with a finger, use a finger on the hand that you do not write with, just let your thoughts come to the surface and let them flow... Jesus is with you every step of the way, you are never alone. You are always loved by God.
- When you reach the centre...consider your thoughts...
- ...stay in the centre for a while and spend some time in prayer and reflection receiving God's love and blessing.
- When you are ready... return along the same path... return gratefully, prayerfully ...
- As you exit the labyrinth give thanks and praise to God: Glory be to the Father and to the Son and to the Holy Spirit as it was in the beginning is now and ever shall be world without end. Amen.
- If you keep a prayer journal you may like to write down words, symbols or phrases to acknowledge and remember this time of prayer.

...Walk humbly with your God... Micah 6:8







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Forth in your name O Lord may I go  
My daily labour to pursue  
You, Only You, resolved to know  
In all I think or say or do.

The task your wisdom has assigned  
O let me cheerfully fulfil  
In all my works your presence find  
And prove your good and perfect will

Preserve me from my calling's snare  
And hide my simple heart above  
Above the thorns of choking care  
The gilded baits of worldly love

You may I set at my right hand  
Whose eyes my inmost substance see  
And labour on at your command  
And offer all my works to thee  
Be glorified in me

Adapted from words by Charles Wesley

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

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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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