



The Armor of Faith
Topic Summary: Put On the Armor of Prayer
Part VIII: Prayer in Adoration



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Introduction

[Greeting:] → Welcome to “The Armor of Faith,” a show where we hope to bring our listeners closer to the Word of God and the blessings we receive through living in the fullness of the Catholic faith. My name is Doug and I will be your host as we discuss the blessings of the Church Christ built upon Peter.

I am joined today by my panel: [names]

Helen is a lay-Dominican and has a love for music ministry. The Dominicans, I should mention, are also known as the Order of Preachers. Sharon is still our token cradle Catholic on the team, and, as everyone knows by now, I am simply here to ask questions because I have had a lot of practice at it since I was two – and we all know, practice makes perfect, so I must keep practicing. To answer my questions and correct my pronunciation is why we have our panelists, so welcome to our panelists as well as to our listeners.

Let us open with a prayer:

In the name of the Father, the Son and the Holy Spirit.

Heavenly Father, we lift up our hearts in thanks and praise for this opportunity to open and share your Holy Word this day. We pray that You are with us and all our listeners as we share with one another the blessings of faith. We pray You will grant us wisdom and understanding as we seek to learn Your Holy Truth.

Dear Lord, we also lift up the prayers in our prayer basket. You know what is written on each one and you know the hearts of those who offer their thanks and praise and their petitions for the blessings of Your great mercy.

Dear Lord, we pray especially today that Your healing hand will rest upon Sarah as she recovers from her surgery. We pray You will guide the hands of her care givers and that Your hand of comfort will also rest upon all who love and care for her.

We also pray, dear Lord, that You will protect Kathy during her travels.

We also, dear Lord, lift up our prayers with all those who are praying as part of the 40 Days for Life prayer vigils.

In the name of the Father, the Son and the Holy Spirit we pray. Amen.

If you would like to add your prayers to our prayer basket, send us an email at armoroffaithradio@gmail.com. Please include the word “prayer” in the subject line so that we will give your email priority and capture it for our prayer basket. Just so you know, Sharon and I lift up our prayers with those in the Armor of Faith Radio prayer basket during our daily prayers.

If you haven't discovered, yet, you can also listen to Armor of Faith Radio on demand and on the go using your smartphone. In addition to wcatradio.com/armoroffaith, we are available through a number of streaming services, such as iHeart Radio, Spreaker, iTunes, and CastBox, among others. Simply search for “Armor of Faith Radio” and select the episode you desire. We will be happy to keep you company wherever you are and wherever you are waiting.

We would also like to ask for your assistance to help share our discussions. If you find an episode or series, which caused you to take a moment and think, and you would like to share with family or friends, you only need to copy the URL of the show to which you are listening and drop it into an email or share it through social media. Several of the streaming services through which we are available on demand also have share options, so please help us to spread the good news of our faith in Jesus Christ.

Faith Event Announcements:

We would like to remind you that 40 Days for Life has kicked off a new prayer rally campaign that will be conducted through 3 Nov 2019. If you would like more information about 40 Days for Life prayer vigils in your area, visit <https://www.40daysforlife.com/>. Look for the “Find a 40 Days for Life Vigil” button, and at the search page, enter your city or state. You can also sign up for prayer vigils near your location.

Why Catholics Do What We Do:

Things We Use for Mass – Sacred Vessels V

The Roman Missal

The Roman Missal is a very, very large book that has 1520 pages. It is the book that is the keeper of all that is needed and required for Catholic Liturgies. It contains the prayers, the chants, and instructions, and the rubrics for the Priest and other ministers who assist in celebrating the Liturgy daily, on Sundays, and on holy days. This book is not to be confused with the book which is carried to the Altar at the beginning of Mass. That is the book of readings and is not as heavy as the Roman Missal. The Roman Missal, of which we are

discussing today, is also known as the General Instruction of the Roman Missal. You may have heard it referred to as the GIRM.

Before the first Roman Missal was put into use, there were many books which contained collections of prayers and instructions. These books grew with knowledge and changes over the years. This meant that every church could have different prayers, different ways of celebration, well, everything was different. The earliest known use of a missal of any kind was during the 12th and 13th centuries in monasteries where religious prayed and chanted. Their missals were compilations of the prayers they were accustomed to. Their missals were not however, complete with instructions or rubrics. There were changes over the centuries and many attempts to bring about some standard norms that all the churches would follow.

The Roman Missal has a long history in our Church. The invention of the printing press in 1474, allowed the Catholic Church to print for the first time, a book called the *Missale Romanum*. The aid of the press allowed the Church to process the prayers and rubrics for Mass into one book for Catholics around the world to use and this brought us into uniformity. That was the first book of this nature. However, it was not until 1570, after the Council of Trent, that Pope Pius V elected to make the use of the *Missale Romanum* an obligatory component of the Mass. At this time, all Masses in all parts of the world were to follow the prayers, the chants and the instructions as recorded in the *Missale Romanum*.

As we traveled to other countries, I have always marveled at how easy it is to follow the Mass. I have not always understood the words as I am not a full functioning linguist, but there is a cadence to the Mass, no matter what the language. Even in travels to other areas in the United States, there are customs that are different, but still, the movement of the Mass is the same. For example, the formula for Catholic Liturgy is to have an entrance, prayers for forgiveness, the Liturgy of the Word, the Liturgy of the Eucharist, prayers after Communion, and a recessional. There is more, but you get the idea here. In every Catholic Church around the whole world, this is the same formula of practice. The Liturgy of the Eucharist cannot come before the Liturgy of the Word. There is the formula that has been in place since the Council of Trent. This is all thanks to the Roman Missal.

When changes are made, The Roman Missal is always first published in Latin. Latin is the official language of the Church and therefore it is appropriately used in publishing such important books. After the publication of the Missal, it then has to be translated into languages that are used around the world. When the translation is done, then it goes through an approval process before it can be released for public use. The process of producing such a grand formula for Liturgy is not easy or quick by any means. The last change to the Roman Missal was in 2002 when Saint John Paul II made some changes to correct some translation issues that corrupted meaning when translating from Latin to English, as well as addressing alignment with Vatican II. The Roman Missal was introduced in English in the United States in late 2011. As I said earlier, the changes are not easy or quick.

The Roman Missal is a very unique book and fascinating as well. If you have time, please take a look. This book is for Liturgical use and therefore not found in homes, so, I included some links in the topic summary for this show so that you might go on line to read about the Roman Missal as well as read the book itself.

If you would like to learn more about the Roman Missal, we invite you to follow the links in the reference section of the topic summary for this show. You can obtain the topic summary by visiting <https://wcatradio.com/armoroffaithstudyguides/> and look for episode 114.

Discussion:

During the course of our discussion so far, we mentioned personal prayer, prayer with family, communal prayer, and prayer conducted in fellowship. As I mentioned last time, when I look back on my life, I realize that because of my vain resistance, I was my own obstacle to receiving the blessings of prayer. When I engaged in prayer in fellowship, it was incidental to social events, ministry, or religious formation, but it was not an intentional portion of my prayer life. Just as I had missed out with the opportunities I had to pray with my family, I also failed to avail myself of opportunities to experience prayer in fellowship.

Yes, at first, it can seem awkward as we take our first steps in prayer, but so was learning to walk, ride a bike, or to drive – and we did not learn how to do those things in one moment or over night – it took determination and practice along with some coaching and encouragement.

Perhaps the biggest obstacle to allowing our prayer life to grow is self-consciousness. We might be concerned that we won't say or do something right or that somehow we are under the scrutiny of others present. Maybe we might be concerned about what the “Politically Correct” police and culture will think of us or do to us.

In other cases, with busy schedules of career or school, raising children, extracurricular activities, watching TV, watching sports, spending time on social media, playing video games – I mean, with so many things to do, where are we to find the time to fit in something like prayer in fellowship or Adoration?

In other cases, we might be tempted to think that the employment of prayer such as the Rosary, Divine Mercy Chaplet, or litanies are simply “vain repetition.” What is the good of reciting prayers, we might ask? If all we are doing is reciting, then, yes, it is like mumbling to ourselves. If, however, we learn how to meditate on the mysteries of faith and scripture, we allow common prayers to seed our thoughts so that they may open both our hearts and minds to God; then, occasions for prayer will begin to take on a whole new meaning and priority for us, but we do not get there if we do not avail ourselves of the many opportunities.

Of course, we know that many of you already have a robust prayer life and I know that we are preaching to the choir when we speak of the importance of prayer. You, then, are the fertile ground through which others may learn; not like a teacher to a student, but a friend sharing blessings. [Remember, a blessing is an invocation of “God's power and care.” (CCC, pg 868)] The question is, are we willing to assist others to put on the armor of prayer? The opportunity for a prayer group or prayer in fellowship, often awaits someone to suggest it.

Our Lady continually invites us to personal and communal prayer. Will we help her to provide the faith environment in which souls are nourished? If your parish does not have a prayer group, you have the opportunity to suggest one. Of course, the power to suggest and organize does not

remain with those experienced in prayer. If you are a beginner, so to speak, or in the infancy of your prayer life, or simply looking for support, you too, can suggest and help to organize a prayer group or prayer home ministry.

If you would like ideas concerning the beginning of a prayer group or prayer home ministry, send us an email at armoroffaithradio@gmail.com. We would also like to hear from you as to your experiences with prayer groups and prayer in fellowship.

Today, we are going to turn our discussion to prayer in Adoration. Normally, I would assume Catholics have a clear understanding that we are called to spend time in adoration, but, a recent Pew Research poll caught my attention. When asked if they believed in the real presence of Christ in the Eucharist, only 31% of U.S. Catholics responded that they believe in transubstantiation where the gifts of bread and wine become the body and blood of Christ.

(Question 1: So, we are talking about prayer and adoration. Why would do you think this poll, where only 31% of Catholics believe in the real presence of Christ in the Eucharist, would cause me concern as we discuss adoration?)

- When we come to adoration, we come to visit and worship Christ
- When only 31% of U.S. Catholics believe in something so central to our faith as the real presence of Christ, that indicates a problem in our catechesis
- If Christ isn't present in the Eucharist, then, with what are we visiting during adoration?
- We do not worship symbols, we worship God and God alone

ADORATION: The acknowledgment of God as God, Creator and Savior, the Lord and Master of everything that exists. Through worship and prayer, the Church and individual persons give to God the adoration which is the first act of the virtue of religion. The first commandment of the law obliges us to adore God.

(CCC: 2096) Adoration is the first act of the virtue of religion. To adore God is to acknowledge him as God, as the Creator and Savior, the Lord and Master of everything that exists, as infinite and merciful Love. “You shall worship the Lord your God, and him only shall you serve,” says Jesus, citing Deuteronomy.

(CCC: 2628) Adoration is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Savior who sets us free from evil. Adoration is homage of the spirit to the “King of Glory,” respectful silence in the presence of the “ever greater” God. Adoration of the thrice-holy and sovereign God of love blends with humility and gives assurance to our supplications.

(Question 2: As we look at the definition of adoration, we see that we give adoration to our Lord through “worship and prayer.” In what ways might we worship Christ through prayer?)

- Acknowledge God as God
 - Express our love
 - Give thanks and praise
 - Listen for Him in our heart so we may better follow His commandments
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(Question 3: Adoration is a time where we can come to visit Christ in His house. While He is with us as we invite Him in our heart, why would we want to take the time out of our hectic and busy schedules to go to Him?)

- What do we miss when we neglect time with our Lord?
 - Jesus can touch our heart wherever we are, but when we come visit Him, is not our heart more open to Him?
 - What do we tell someone we love if we are unwilling to come visit them?
 - What quality of relationship do we have with those we rarely spend time with?
 - What do we tell someone we love if our day has no room for them?
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(Question 4: I know that many of our listeners already spend time in adoration, but, as we discussed at the beginning of the show, unless we share our blessings with one another, there will remain those who may not even know about the opportunity we have to come to Christ in adoration. So, if we were to tell a friend, what might we express to them about how we might approach our time in adoration?)

- Remember reverence entering, during, and leaving
- Great time to pray the Rosary
- Allow God to speak to us through reading and reflecting on His Holy Word
- Pray the Psalms, the Divine Office, or prayers from a favorite prayer book
- Reflect upon the Apostle's or Nicene Creed and their meaning to our life
- Pray using a prayer journal
- Reflect on the commandments and how they enable sharing blessings and love
- Reflect on the beatitudes and how they may inspire us
- Reflect on the parables Jesus taught and how they may influence our choices
- Pray a litany and reflect on the sacrifice made for us
- Sing a hymn (of course, consider others and allow them to pray in peace)
- Have a conversation with Jesus
 - ➔ What are our concerns?
 - ➔ What are our plans?
 - ➔ What are our joys?
 - ➔ What are your sorrows?
 - ➔ For what do we need forgiveness?
 - ➔ Where do we need help to forgive others? (truly forgive, not lip service)
 - ➔ Share our petitions
 - ➔ Ask for blessings for loved ones and those who complicate our lives

- ➔ What does Jesus ask of us?
- Listen with our heart
- Allow Jesus to move in and straighten things up a bit within our heart
- Allow Christ to bring us peace and a respite from the stress of the world

Quotes:

– *Saint John Paul II*

This is the wonderful truth, my dear friends: the Word, which became flesh two thousand years ago is present today in the Eucharist.

– *Saint Teresa of Calcutta*

When you look at the crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host, you understand how much Jesus loves you now.

– *Saint Clare of Assisi*

Gaze upon him, consider him, contemplate him, as you desire to imitate him.

– *St Peter of Alcantara*

Our Lord in the Blessed Sacrament has His hands full of graces, and He is ready to bestow them on anyone who asks for them.

– *St Alphonsus de Liguori*

Good friends find pleasure in one another's company. Let us know pleasure in the company of our best Friend, a Friend who can do everything for us, a Friend who loves us beyond measure. Here in the Blessed Sacrament we can talk to him straight from the heart.

Final Thoughts:

If we truly understood the blessings of adoration, we might wonder, why are there not throngs of people coming to worship Christ in the Eucharist? Perhaps that is part of the issue, so many simply do not know.

Again, I have to confess, the first time I heard about adoration, I thought it was something for people far more holy than I; and I knew I was pretty, pretty, well, very far, OK, light years away from that space – of course, I am trying to make progress, but I still have a long way to go. Anyway, I truly did not understand it and, yes, I had that tried and true excuse, I don't need to go spend time with Jesus in His house cause I can spend time with Him wherever and whenever. Again, I did not understand the meaning of the time or what I was missing by spending this time of reverence, listening, and love with Him.

Yes, it is a time of reverence. Yes, it is a quiet time, an opportunity for relative silence so we might listen for His “*light, silent sound.*” (cf. 1 Kings 19:12) Yes, it is an opportunity to allow our Lord and Savior to bring peace to our heart. Yes, the world will still be out there, but we can come to Him to take a breather, to allow Him to fill our heart, to allow Him to recharge us so we shall have more strength by which to face the world.

When we reflect upon the sacrifice Jesus made for us and what He asks of us, we might wonder, how is it He is not our priority? How is it we are not drawn to receive His love? More importantly, how is it we do not bring our children to experience Him and share in the blessings of His love?

The first time I spent time in adoration before the Eucharist, I'm not sure what I was expecting. There was no epiphany in my heart. I was simply quiet. I had to learn to talk with Jesus. I had to learn to listen for how He was working to guide my heart. I had to come to the understanding that He can lead me to water, but I have to make the choice to drink.

Time in adoration before the Eucharist, time in this special place with our Lord and Savior, is there for us all. Let us consider the opportunity and enjoy all the grace and splendor of His love as we give thanks and lift up our love to our Lord.

Wrap Up: Well, our time has come to an end. We hope you will be able to join us next week as we turn our discussion to engaging the battle of prayer. That sounds ominous, doesn't it?

Let us conclude with a prayer: Heavenly Father, we thank you for this opportunity to open and discuss Your Holy Word. We pray that as we go our separate ways, You will continue to walk with us and help us to see how we may put on the armor of **truth, righteousness, peace, faith, salvation**, and the **Word** of the gospel not only for the benefit of our lives, but also the lives of all who cross our path. In the name of the Father, the Son and the Holy Spirit, we pray. Amen.

Thank you all and God bless.

Next Session: Put On the Armor of Prayer – Part IX: Engaging the Battle of Prayer

Why Catholics Do What We Do References:

USCCB; (accessed 2 Oct 2019); “Roman Missal;” United States Conference of Catholic Bishops; <http://www.usccb.org/prayer-and-worship/the-mass/roman-missal/index.cfm>

GIRM; (19 Mar 2003); General Instruction of the Roman Missal: Including Adaptations for the Dioceses of the United States of America; Vatican; http://www.vatican.va/roman_curia/congregations/ccdds/documents/rc_con_ccdds_doc_20030317_ordinamento-messale_en.html#C._The_Liturgy_of_the_Eucharist

The Liturgy Archive; (accessed 2 Oct 2019); “The Roman Missal according to the Latin Rite of the Catholic Church;” Liturgies.net; http://www.liturgies.net/Liturgies/Catholic/roman_missal/index.htm

Discussion References:

Smith, Gregory; (5 Aug 2019); “Just one-third of U.S. Catholics agree with their church that Eucharist is body, blood of Christ;” Pew Research Center; <https://www.pewresearch.org/fact-tank/2019/08/05/transubstantiation-eucharist-u-s-catholics/>

The New American Bible, Revised Edition (NABRE); (9 Mar 2011); United States Conference of Catholic Bishops; <http://usccb.org/bible/books-of-the-bible/index.cfm>

USCCB; (May 2016); Catechism of the Catholic Church; United States Conference of Catholic Bishops; <http://ccc.usccb.org/flipbooks/catechism/index.html>