

I \_\_\_\_\_ commit myself to join the prayer revolution network for 30-60 minutes each day to cover my life, my family, my community, and our world in prayer.

*More things are brought about through prayer  
than this world ever dreams*  
- Alfred Lord Tennyson

*My secret is simple... I pray*  
- Mother Teresa

*Christians know that for them  
prayer is as important as breathing*  
- John Paul II

*May each of us see that we have an important role in this  
Great Symphony of Life. May the music of prayer arise in  
our hearts - reaching into the heart of God - so His love  
and mercy may reign on earth as it is in heaven.*

**PRAY** Breath by Breath  
with a Heart of Limitless Love

To receive our newsletter, join the Prayer Revolution Network, send us prayer requests, or donate, please visit us online at [www.PrayerRevolution.com](http://www.PrayerRevolution.com) or contact us at:

**Our Sacred Mission Ministries**  
P.O. Box 5013  
Hinton, AB, Canada  
T7V 1Y4

For Seminar and Prayer Concert bookings:  
phone: 1-888-293-3433 email: [bookings@PrayerRevolution.com](mailto:bookings@PrayerRevolution.com)

To order the Prayer Revolution CD:  
call: 1-888-293-3433 (toll free) / online: [www.PrayerRevolution.com](http://www.PrayerRevolution.com)

© 2002-2005 John Connelly

# The Prayer Revolution

Lord,  
teach us  
to PRAY



*Seeking an intimate, loving relationship with the Living God  
Transforming our lives and our world through prayer...*

**Preparing to pray**

A good posture: *firm and stable, yet relaxed*  
Breathing: *normally, attentively, fully, releasing anxiety and tension to God*  
Coming Home (Heart to heart): *I form my intention-training my will to turn to God again and again - peacefully letting go all distracting thoughts and feelings*

**Prayer Intention #1**



10 minutes

**Praying with You Holy Spirit (pray with me...)**

*With Mary we open our lives to be overshadowed by the Holy Spirit... Lk 1:35*  
For the Spirit helps us in our weakness; For we do not know how to pray as we should... (Rom 8:26)

- ✝ **Come Holy Spirit...** *indwelling Counselor... overshadow me... I open my heart... fill me now with every breath I take...*
- ✝ **Examine me...** *my heart... my mind... my words... my actions.*
- ✝ **I repent...** *confessing and letting go of (name it).*
- ✝ **I enter...** *God's presence with an attitude of praise and thanksgiving.*

Scripture References: Lk 1:35, Rm 8:26, Jn 7:37, Jn 14:25, Acts 1:8, Lk 11:9-13, 1 Cor 14:2,5, 2 Cor 6:16, 1 Jn 1:6-9, 1 Thes 5:16,17, Ps 100:4, Heb 13:15, Ps 19:12-14, Eph 6:14  
Catholic Catechism: 2670-2672, 2682, 2563, 2637-2639, 692-706, 2681.

**Prayer Intention #2**



15 minutes

**Receiving Your life giving Word**

*Speak Lord Your servant is listening - 1 Sam 3:10*  
*Let it be done in me according to your word-Lk 1:38*

*We plant a seed of scripture in our hearts and nurture it with prayer...*

- ✝ **I read...** *a passage of scripture or bring a short one to mind.*
- ✝ **I meditate...** *thinking it over... Lord how does this apply to my life?*
- ✝ **I pray...** *repeating the scripture and turning it into a personal prayer.*

Scripture Reference: Lk 8:11-15, Jn 8:31, Lk 10:38-42, Col 3:16, Ps 119, Jn 15:7, Deut 6:4-9.  
Catholic Catechism: 101-104, 134-141, 2705-2708.

**Prayer Intention #3**



20 minutes

**Abiding with You Jesus Dwelling in Your Presence Loving You**

*We focus our attention on Jesus with every breath in faith, hope and love...*  
*The goal is an intimate, loving, heart-to-heart relationship.*

- ✝ **Breathing in:** *Jesus*
- ✝ **Breathing out:** *I love You (trust, worship etc.)*

**Only one thing is necessary - Lk 10:42**  
**Live in Me and I in you - Jn 15:5**

*Connect the name of Jesus to your breathing and to your whole life... and you will soon know peace. - St. John Climacus*

Scripture Reference: Lk 10:38-42, Mtt 11:28, 2 Cor 13:5, Acts 2:21, Jn 15:4,5, Eph 3:16-20, Ps 37:7, Col 3:17, Mk 12:29,30, 1 Cor 13:13  
Catholic Catechism: 2666, 2668, 2697, 2709-2719, 2628, 2724, 2725-2733.

**Prayer Intention #4**



15 minutes

**Yielding Father to Your Plan**

*In Jesus name - through Him, with Him and in Him, we say yes to our Father's plan in an attitude of worship and intercessory prayer...*

**Our Father... Your kingdom come! Your will be done!**

- ✝ **I go through the Lord's Prayer slowly** (Matt 6:9)
- ✝ **I pray with confidence** for our Fathers kingdom of love and mercy, to reign in each situation - the Spirit of Jesus brings to mind - in my life, family, community and our world. I surrender all things into our Fathers hands with praise and thanksgiving.

*The Lord's Prayer is the most perfect of prayers...  
St. Thomas Aquinas*

Scripture Reference: Mtt 6:6-15, Rm 8:15-16, Jn 16:23-24, Mk 11:22-24, Jn 4:23-24, 1 Jn 5:14-15, Phil 4:4-7, 1 Jn 3:1, Eph 1:3-10, Rev 21:3-5  
Catholic Catechism: 2759 through 2865.