

Prayer 101 – Session 5. Prayer and the Old Testament (Walking with God)

Prayer Prompts based on Session 5

Day 1

Pray with the following Scripture quote:

“²² Enoch walked with God after the birth of Methuselah for three hundred years, and had other sons and daughters. ²³ Thus all the days of Enoch were three hundred and sixty-five years. ²⁴ Enoch walked with God; then he was no more, because God took him.” (Genesis 5:22-24)

- Twice we are told that Enoch walked with God. What does it mean to walk with God?
- Do you feel God’s presence with you throughout the day?
- How can you grow in an awareness of the presence of God (Father, Son and Holy Spirit) throughout the day?

Day 2

Pray with the following Scripture quotes:

“O that my people would listen to me, that Israel would walk in my ways!” (Psalm 81:13)

“But be doers of the word, and not merely hearers who deceive themselves.” (James 1:22)

- Walking with God includes fellowship and a right relationship with God. We will walk in his ways when we listen to God. Do you spend time each day actively trying to listen to God?
- What are the ways in which you try to hear God’s voice (e.g. reading the Bible, listening to sacred music, spending time in prayer etc.)?
- St. James says to be doers of the Word, and not just hearers. Listening to God means putting into practice the Word of God. Ask the Holy Spirit to help you to see how can you live the Word of God more fully each day.

Day 3

Pray with paragraph 2569 from the Catechism of the Catholic Church:

“Noah’s offering is pleasing to God, who blesses him and through him all creation, because his heart was upright and undivided; Noah, like Enoch before him, ‘walks with God.’” (CCC 2569)

- What does it mean to love God, as Noah did, with an upright and undivided heart?
- Are there parts of your heart (or areas of your life) that you keep back from God? Ask the Lord to increase your trust in His love and mercy and goodness.
- Noah pleased God by his way of life. Spend some time reflecting on how pleased God is with you when you love Him with an upright and undivided heart.

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Day 4

Pray with the following quote from The Joy of the Gospel:

“The Lord does not disappoint those who take this risk; whenever we take a step towards Jesus, we come to realise that he is already there, waiting for us with open arms. Now is the time to say to Jesus: “Lord, I have let myself be deceived; in a thousand ways I have shunned your love, yet here I am once more, to renew my covenant with you. I need you. Save me once again, Lord, take me once more into your redeeming embrace.” (The Joy of the Gospel, paragraph 3)

- Do you find it easy to turn back to God when you have sinned? Ask the Holy Spirit to enlighten you as to why you find it difficult to come to God with certain sins and ask Him to help you to experience the unlimited love and mercy of our Prodigal Father.
- Do you have the experience of taking a step towards Jesus only to find that He is already there waiting for you to return to Him?
- Pray the prayer which Pope Francis has composed in the paragraph above. Pray it slowly and as you do so make acts of faith, hope and love as you do so (Lord, I believe that you love me. Lord, I hope in your mercy. Lord, I love you and for sake of you I love and forgive all those whom I met today). Perhaps you could make it part of your daily examination of conscience at the end of the night.

Day 5

Pray with the following Scripture quotes:

“¹⁸ For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, ¹⁹ in which also he went and made a proclamation to the spirits in prison, ²⁰ who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight people, were saved through water. ²¹ And baptism, which this prefigured, now saves you – not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, ²² who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.”
(1 Peter 3:18-22)

- God waited patiently for humankind to repent, but they persisted in turning from Him. Spend some time reflecting on how your sins grieve God. Then hand those sins over to God and accept His forgiveness. When it is possible bring these sins to the tribunal of mercy, the Sacrament of Reconciliation, where God will absolve you and free you from the slavery of these sins through the priest acting in the Person of Christ.
- The flood is a foreshadowing of Christian Baptism. When we were baptised, our sins were washed away through the life, death and resurrection of Jesus and the power of the Holy Spirit. Spend some time thanking the Holy Trinity for this great gift.
- Perhaps you could find out the date of your baptism and add it to your calendar so that you can celebrate it or mark it in some way during the coming year.

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Day 6

Pray with the following Scripture quote:

“Never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.”¹² God said, ‘This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: ¹³ I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. ¹⁴ When I bring clouds over the earth and the bow is seen in the clouds, ¹⁵ I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. ¹⁶ When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.’¹⁷ God said to Noah, ‘This is the sign of the covenant that I have established between me and all flesh that is on the earth.’” (Genesis 9:11-17)

- God made a covenant promise to Noah, and through Noah to all humankind. He promises that the rainbow will be the visible sign of this covenant of love. When you see a rainbow, give thanks to God for His mercy.
- A covenant is a relationship whereby both parties give themselves to each other. Will you accept the love that God desires to pour out on you?
- Spend some time reflecting on the fact that God never gives up on you and asks you not to give up on yourself. What type of prayer does this evoke in you?

Day 7

Look back on the quotations you have been praying with this week.

- What quotation spoke most strongly to you?
- What is the abiding thought or over-arching theme to your prayer this week?
- What do you sense the Lord is teaching you through this?

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The Catechism of the Catholic Church is available online at:
https://www.vatican.va/archive/ENG0015/_INDEX.HTM