

"SAINT JOHN IN MONTANA"

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How do Jews Pray?

By: Alejandra

The Jewish people had an evolution in their prayer, since the first temple period. Prayer was instituted in the community, the frequency of the prayer is not prescribed in the Torah, nor does it prescribe a specific formula of prayer. Therefore a person is obligated to offer supplication and prayer every day. First, to praise God; then to ask for all his needs, and finally, to give praise and thanks to God for the goodness that He has bestowed upon him; each one according to his own ability.

When Israel was exiled, they became dispersed among other nations. A new generation was born in these foreign countries and those children's language was confused, no one was able to express himself coherently in any one language. Consequently, when someone would pray, he would be limited in his ability to express his need or to praise the Holy one, blessed be He, in Hebrew, unless other languages were mixed in with it.

When Ezra and his court saw this, they established eighteen blessings; the first three blessings are „praises of God „, and the last three are „ thanksgiving.“ The intermediate blessings request all those things that serve people individually and the needs of the whole community. They also decreed that the number of prayers correspond to the number of sacrifices. So, blessings and thanksgiving is a form of prayer for them. Prayer is the identity of who they are and it is a way of serving God with your entire heart. Wrapping yourself with the

Tefillah is a mystic mystery; they said they became the macro in the whole world. Praying Shema is a physical and spiritual encounter with

God. The whole world and everything that they have learned is the Torah. (By Rabbi Daniel Goldfarb, Elijah Interfaith)

How do Christian pray?

By: Rozeni

We are Christians who seek intimacy with our Creator who can transcend our limitations. This intimacy happens through daily prayers, in strong moments that push us to converse with God in many ways. Without prayer we cannot recognize ourselves as sinners and acknowledge God as our Sovereign. Our prayer and dialogue with God happens through:

Meditation: Christian meditation is a form of prayer in which a structured attempt is made to become aware of and reflect upon the revelations of God.

BLESSING AND ADORATION: Blessing expresses the basic movement of Christian prayer: it is an encounter between God and man. In blessing, God's gift and man's acceptance of it are united in dialogue with each other. The prayer of blessing is man's response to God's gifts: because God blesses, the human heart can in return bless the One who is the source of every blessing.

PRAYER OF PETITION: The vocabulary of supplication in the New Testament is rich in different meanings: ask, beseech, plead, invoke, entreat, and cry out, even "struggle in prayer.

PRAYER OF INTERCESSION: Intercession is a prayer of petition which leads us to pray as Jesus did. He is the one who intercedes with the Father on behalf of all men, especially sinners.

PRAYER OF THANKSGIVING: Thanksgiving characterizes the prayer of the

Church which, in celebrating the Eucharist, reveals and becomes more fully what she is. Indeed, in the work of salvation, Christ sets creation free from sin and death to consecrate it anew and make it return to the Father, for his glory.

-Source Internet

HOW MUSLIMS PRAY AND WHAT THEY SAY?

By: Arlyne

Call to Prayers: "Allahu Akbar, Allahu Akbar (God is the greatest, God is the greatest). . . Hayya'ala salah (Come to Prayer). Hayya'alal falah (Come to success). . . La ilaha ill Allah (There is no deity but God)". The caller of prayer in the mosque reminds all Muslims that it is time for their obligatory prayer. Muslims begins their obligatory prayer at 4:25am and it ends around 10. There are five obligatory prayers in Islam. For Muslims Friday prayer and Feast are obligatory days to come together as a group in the Mosque to worship "Allah". Muslims originally prayed facing Jerusalem however in the course history it was changed to Mecca. Now all Mosques around the world face Mecca in order to have uniformity in the way Muslims pray. All Muslims believe in one God and thus they start their prayer by reciting the first chapter in the "Quran" while standing: "In the name of Allah, Most Gracious, Most Merciful. Praise to Allah, Lord of the Worlds. Most Gracious, Most Merciful. Master of the Day of Judgment. Thee (alone) we worship and Thee (alone) we ask for help. Show us the straight path. The path of those whom thou hast favoured; Not the (path) of those who earn Thine anger nor those who go astray." (1:1-1:7). Then they will bow to glorify "Allah". Muslims

also do an act of prostrating to express "submission and humility before God" and saying "Glory be to my Lord, the most high". Asking God for mercy, forgiveness and blessings is part of their prayer. Towards the end of their prayer they sit as a symbol of witnessing and testifying that there is only God who is worthy of praise. Then Muslims will end their prayer facing to the right and then to the left as a sign of bringing Peace to all: "Peace be upon you and the mercy of Allah". And this is the end of their obligatory prayer. --(cf. Booklet of on the Elijah Interfaith Summer School, August 17-22, 2014, Ecce Homo, Jerusalem)

Muslims begin their obligatory prayer at 4:25am and it ends around 10. It sounds like they pray from 4:25 to 10. And in fact it is based on sunrise and sunset so you can't say what time it is as it changes daily. It would be better to say: Moslems first obligatory prayer is before sunrise and the last is after sunset.

WHAT IS PRAYER FOR US IN SION?

By: Clara

The prayer demands first of all poverty of heart, that our prayer may be the expression of a true and deep feeling so we constantly seek the face of God: In the silence of contemplation of our inner life, to the encounter and the service of others in thanksgiving and blessing. God asks us every day: "I want you to give yourself totally because I want to fill your heart fully. When you are empty I can fill you".

We need to pray to help us to go deep so we are able to abandon ourselves in God's hands and to overcome our fears and to take risks along our journey. As Sisters of Our Lady of Sion, we are called to incarnate God's Words in the world day by day as it is written in Dt. 6: 4-6, Hear O Israel: The Lord is our God, the Lord

alone. You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. Keep these words that I am commanding you today in your heart.

Fr. Theodore recommended to be faithful in our prayers to seek God's presence through all creation and the human heart.

To pray is to listen: "Listen Israel" we listen to God in the depths of our souls. To pray is to speak, to listen, to receive, to give, to love, to desire, to hope, to breathe, and to be moved. Fr. Theodore, Book 3

BUDDHISM SPIRITUALITY

By: Joey

"May all beings be well; may all beings be happy." I was deeply moved by this phrase because they do not have much rules to follow but they are exercising the very important values in life to make all things well and happy. They believed that to avoid suffering is to have a good relationship to humanity and to the universe through lovingkindness without any judgement. They are practicing their principle of equality that all living entities are equal and living out the golden rule, "to do unto others as you would wish them to do unto you." I have learned that all good values are innate in us, we only have to discover them and to put it into action with the help of God. Personally, I am so impressed and I strongly agreed with their spirituality yet I find it very challenging. This is the answer for everything! The answer to my questions why do people suffer and hurt. God does not want us to be in pain but we are the one who causes the pain to others because we are not aware of our behaviour, action and lack of respect. We are the reason, the cause, responsible for everything. I am pretty sure that everyone has a desire to heal our broken world

but we are so preoccupied with our personal interest and we tend to forget that we are created in God's image and He is our purpose of existence. We will never allow to lose the innate capacity to soar high to reach other's hand. It is in your hand, in my hand, in our hands the power and the key to end human sufferings. According to Paul Young; relationships are never about power over one way to avoid the will; to hold power over another is to choose to limit oneself to serve.

"The Holy life in Buddhism begins and ends in practice, not belief and doctrine."

Hinduism: How Hindus pray?

By: Victoria

Hindus have many books. One of these books is called "Vedas" which is a collection of Hindu liturgies, mantras and hymns. Hinduism has a different way of worshiping and praying to their Deity or God. Prayer or worship is considered to be an integral part of the Hindu religion. The chanting of mantras is the most popular form of worship in Hinduism. Yoga and meditation are also considered as a form of devotional service towards the Lord. Hindu prayer is repetitive and centered on a personal God which they call by different names such as Shiva, Vishnu, or Vishnu's Avatars, Rama and Krishna. Hindus also invoke their deity to ask for what they need on a daily basis.

They worship the trees and animals because Hindus think that everything that gives life comes from God. For example trees give fruits cows produce milk, cheese and butter.

http://en.wikipedia.org/wiki/Prayer_in_Hinduism