

**Outline of Introduction to Contrition Prayer**  
**Techny Retreat on Living the Divine Will -- Sept. 14-15, 2019**

**Introduction: Why this prayer form?**

1. It reveals the essence of healing prayer for all Christian denominations – and can help unify our view of healing.
2. It shows how we are to continue Jesus' ministry of healing revealed in his cross/resurrection. (See: Prologue of John's Gospel and Luisa Piccarreta re The Divine Will)

**I. The development of this prayer form:**

**A. Theological basis:**

1. Jesus came to restore God's original intent for Adam and Eve before they sinned - total unity and obedience to the Father. ((Jn 5:19-20; Lk 2:51-2).
2. God gave us our call before our conception (Jer 1:4-5), but because of Original Sin we tend to do our will, disobey and become disunited.
3. God works with our choices to help us repent, follow Jesus, who died for our sins, and help heal one another (Jn 13:14 "wash each other's feet").

**B. Our life encompasses three "Ages"**

- 1) The **1<sup>st</sup> Age** before Adam and Eve sinned,
- 2) The **2<sup>nd</sup> Age**, inherited from Adam and Eve's first sin and loss of connection to the truth of God and the very notion of sin.
- 3) The **3<sup>rd</sup> Age** culminated in the Incarnation of Jesus in the Virgin Mary (New Eve) and his Life, Death and Resurrection which restored believers to God's original intent before Adam and Eve sinned.
- 4) **Contrition Prayer** moves from our conflicted experiences (unwanted feelings, emotions or pain) and consequent decision at odds with God's original harmony, to receive Jesus' intercession and transformed energy (grace) to make a new decision in line with God's Will.

**II. PreNotes to the Contrition Prayer Process:**

- A. Just as in Confession we make an "Act of Contrition" before absolution and a firm purpose of amendment, so Contrition-Prayer is a 7 step process of repenting for our "old self" and making a new decision to live our "new self" (sse Eph 4:22-24)
- B. The **new decision** is guided by the "grace" that Jesus gives when we surrender the energy of the unwanted feeling, fear and decision to prevent the fear in the future to Jesus or the Holy Family. That "grace" consists of the gifts and fruits of the Holy Spirit:  
**Gifts of the Holy Spirit: Wisdom, Knowledge, Understanding, Fortitude, Piety, Counsel, Fear of the Lord** – Is 11:1-2, Septuagint version.  
**Fruits of the Spirit: Charity, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self-Control, Chastity** – Gal 5:22-23, Jerome's, Latin version. God's Will is God's Love – "Love is patient, Love is kind" (1 Cor 13:4)
- C. In **Contrition Prayer**, it may not be personal sin we address, but **any "unwanted and unpleasant feeling and/or behavior** of attitude, emotion, sensation or pain that blocks one's experience of the gifts of fruits of the Holy Spirit. **It could be from: 1) my sin against others** or **2) my sin against self** or **3) from witnessing the sin of others** (such as one's parents, or internet), or **4) from sin acted against me**. One's response to any of these sins (**Sin4**) may prevent one from experiencing the gifts and fruits of the Holy Spirit.

III. Before we begin *Contrition-Prayer*, we place ourselves in God's Spirit, asking for grace to be guided in order to give glory to God by living God's Will. We can pray the first half of The Lord's Prayer for that intention: "Our Father who art in Heaven, hallowed be Thy Name. Thy Kingdom Come, Thy Will be done on Earth as it is in Heaven."

## Format for Contrition Prayer:

**A. (the Event)** Any unwanted and/or unpleasant feeling and/or behavior of attitude, emotion, sensation or pain. The simple definition of “A.” is any feeling or behavior that falls outside of the Fruits of the Holy Spirit. See above.

**Steps in the Process:** Simply answer the questions. You don’t have to fully know or analyse the event.

1. In one word or short phrase, describe your feelings about A.
2. Locate the energy of that feeling in, on or around you.
3. What is the form of that energy? Or: What does the feeling feel like?
4. When was the last time you experienced those feelings?
5. During the event, how did you stand to lose?
6. During the event, what decision was made?

PUT ALL THIS ENERGY IN A BOX AND GIVE IT TO JESUS (OR THE HOLY FAMILY) TO TRANSFORM IT TO ITS UNDERLYING GRACE (Gifts and Fruits of the Holy Spirit).

7. Make a new decision that will improve your entire life and move you one step closer to God by Knowing, Loving and Serving Him more.

STATE OR WRITE DOWN YOUR DECISION AND CONCLUDE WITH “AMEN!”

### **This revised format adds step #4.**

**Informal process:** It was found that the questions #1 to 3 were answered informally when people were asked, “What is the most difficult issue you are dealing with in your life today? Out of that experience, the present form of Contrition Prayer was designed for one’s self, other acquaintances or even clients. Simply put, you can allow a person to communicate what’s on their mind, what they’re struggling from, suffering or frustrated about. You gently guide them informally through all the steps of Contrition-Prayer. In other words, allow it to happen naturally as you’re communicating to them and they to you. Usually steps 1-3 happen pretty naturally and are often repeated during a conversation. The present step #4 “when was the last time you experienced those feelings?” avoided trying to go too far back too soon. There may be several overlapping instances that cover over the original event. Going to the best remembered event clearly connects one with a remembered experience that later can lead one further. That makes the answers to #s 5 and 6 more concrete. “How did **you** stand to lose?” Clever questioning after #5 can get a response for #6 as well. How about? "Wow! What was that like?", "I'll bet you'll not want to experience that again!" or something that will help them answer question. #6 “What decision was made?”

Ultimately, Living in the Divine Will is to accept everything that happens or happened in your life, for nothing can happen that is not permitted by God out of love as revealed in Jesus. We surrender our “effort, force and resistance” to avoid the recurrence of the pain we’ve experienced, and give it all to Jesus and the Holy Family. Then with the grace we receive from them, we make a new decision in line with Jesus who lives always God’s Will. That restores us to the fruits of the Spirit, and strengthens us for the next trial. Amen