

# Plugged In

## Lesson 4

# Unit Four

## Praying On My Own Time (All the Time)

### Here I Am, Lord

*Leader to life, path to truth, my Lord Jesus Christ, you led Joseph to Egypt and the people of Israel through the Red Sea. You led Moses to Mt. Sinai and his people to the land of promise.*

*Now I pray you, Lord, lead me and my companions in peace on the journey before us. For you are my Way and my Truth and my Life, amen.*

*St. Hovhannes of Garni*



### A Community That Prays Together Stays Together

The relationship between God and his people can only come about through prayer. God initiated the process – he created us in his image so that we might communicate together! Prayer is the means of communication.

Prayer was essential in Jewish faith tradition. As you read the stories of Abraham, Isaac, Jacob, Moses, and later the prophets, you see that they were all people of faith and prayer, and essential to their prayer was trust in God's promise of a relationship expressed in love. Over and over again you will find examples in the Gospels of Jesus praying. He prayed in the desert before he began his ministry.

He prayed with his disciples. He said sudden and spontaneous prayers, too. When his disciples asked him how to pray, Jesus taught them the greatest of all prayers—the Lord's Prayer or Our Father (*Hayr Mer*). This prayer is a summary of the whole Gospel. In this prayer, Jesus actually taught people to call God 'Father.'

The night before he died, Jesus prayed for those who would follow him. Even with his last breaths on the cross he called out to his Father in prayer, interceding and asking God to forgive us.

Likewise, the Holy Spirit teaches the church to pray. Regular prayers of the church include daily prayer during the Hours and of course our highest form of communal prayer – the Divine Liturgy or Badarak ...a symphony of prayers set to music that connects heaven and earth.

We pray together, in one voice as the Body of Christ, the Church. We also pray at all times and everywhere – before and after meals, at a lonely or difficult time, when grateful and happy, in celebration and in sorrow. The prayers we say and sing together as a church family allow us to talk together, in one voice. Let's see how many of our sacred prayers you know....

# NAME THAT PRAYER...St. Paul's Advice About Prayer!

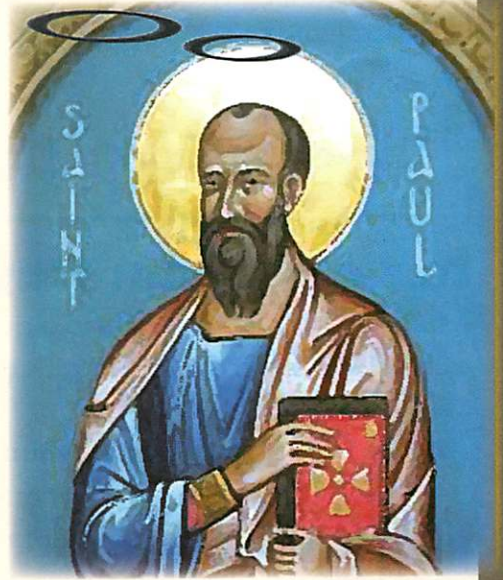
1 2 3 4 5 6 7 8 9 10 11 12 13 14

Discover what St. Paul says about prayer while you test how well you know important Armenian prayers. Each quotation comes from a prayer that we pray as an Armenian family of faith. Once you have identified the source of the quotation, you will be able to solve the puzzle.

1. "...as we forgive those who trespass against us" If these words come from the Hayr Mer/Lord's Prayer put a P in number 1; if from the Havadamk/Creed, a C.
2. "...I believe in one God, the Father almighty, maker of heaven and earth" If the words come from the Havadamk/Creed, put an R in number 2; if it comes from the Voghchooyn/Kiss of Peace, a G.
3. "...blessed is the Lord in all his gifts" If these words are from Jashagestzook/Prayer Before Meals, put an A in number 3; if from the Confessional prayer, put an S.
4. "...Christ in our midst has been revealed" If these words come from the Kunanaleh Arach/Prayer Before Sleeping put an O in number 4; if it is from Voghchooyn/Kiss of Peace, put a Y.
5. "Holy, Holy, Holy Lord of Hosts" If these words come from the Soorp Soorp/Holy, Holy or Sanctus put C in number 5; if they come from the Havadamk/Creed put an L.
6. "... Guardian of All, may your right hand be upon me day and night" if these words come from the Kunanaleh Arach/Prayer Before Sleeping put an O in number 6; if it is from the Hayr Mer/Lord's Prayer, put a K.
7. "...Who did rise from the dead, have mercy on us" If these words come from Der Voghormia/Lord Have Mercy put an M in number 7; if they come from Soorp Asdvadz/Holy God put an N.

Now let's try it in Armenian...

8. "...Yev Hokyooyin surpo. Amen" If these words come from Der Voghormia put a P in number 8; if from the Sign of the Cross put an S.
9. "...Yegheetseen gamk ko vorbes hergeens yev hergree" If these words come from the Hayr Mer put a T in number 9; if they come from Voghchooyn put a C.
10. "...Yev ee mee Der Heesoss Kreesdos, Vorteen Asdoodzo" If these words come from the Havadamk put an A in number 10, if they are from Soorp Asdvadz put a G.
11. "...Hisoss Purgeetch, mez voghormya" if these words come from the Kunanaleh Arach put a Y; if they are from Der Voghormia put an N.
12. "Krisdos ee mech mer haydnetzav" If these words come from the Havadamk but an H in number 12; if they are from the Voghchooyn put a T.
13. "...Orbnyal eb Der ee barkevus yoor. Amen" If these words come from the Jashagestzook put an L in number 13; if they are from the Hayr Mer put a T.
14. "...Bababan amenayni Kreesdos atch ko hovanee leetsee ee verah eem" If these words come from Kunanaleh Arach put a Y; if it comes from Der Vorghormia put a B.



## Turn Down The Noise and Practice the Presence of God!

**Read:** Mark 1:35; Luke 4:42, 5:16, 22:39-41

Today we read in Mark and Luke that Jesus would go away to a lonely place to pray. Jesus was almost always surrounded by people, so it makes sense that sometimes he just needed to get away to a quiet spot where he would rest and pray. That's important for us too! We all need to have somewhere to go where we can be alone and spend some time in God's presence.



Prayer Aghotk Աղոթք

### Our Armenian Way

As Armenians we lay claim to a rich tradition of beautiful prayers and hymns, written by men and women of deep faith. Let's learn about a few of these great authors of prayer.



**St. Hovhannes of Garni** (c 1180-1245) A well-known healer and preacher, St. Hovhannes traveled widely throughout Armenia and the Holy Land, converting Armenians and non-Armenians alike to the apostolic faith. Garni is an ancient town not far from Yerevan, the modern capital of Armenia. He spent many years in prayer and solitude at the famous Monastery of Geghard, carved out of a rocky mountainside.

**St. Hovhannes Mantakuni** (c.420-490) was a revered Catholicos of the Armenian Church. He contributed to the development of the *Book of Hours (Zhamakirk)* in which is found the morning or "matins" and evening or "vespers" services, the Hymnal (*Sharagnotz*), and *Book of Sacraments and Sacramentals (Mashdotz)*.



**St. Nersess Shnorhali** (1102-1173) One of the outstanding Catholicoi of the Armenian Church, St. Nersess was known for his pioneering ecumenical spirit, his leadership, and his great literary output of poetry, letters, essays, hymns, and prayers. Among his best known works are *Jesus, Son*, *A Lament for Edessa*, and *I Confess With Faith*, 24 prayers written to be said at each hour of the day and which are often recited at the Lenten "Rest" (*Hankusdootyan Zham*) service.

**St. Gregory of Narek**, (c.945-1003) The greatest mystic poet of the Armenian Church and a beloved teacher and churchman in his time, St. Gregory was born in Narek and entered the monastery of the same name (south of Lake Van). He wrote Bible commentaries, history, and poetry and his most famous collection, the *Book of Lamentations or Speaking with God From the Depths of My Heart* was so treasured that it was considered to have healing powers.

Do you believe that prayer has healing power?

## Life Issue

### Who do I go to for answers?

We pray because God wants us to tell him what is on our minds. Even though he sees and understands our situations better than we do, he still wants to hear from us in our own words.

In many life situations, we don't know God's will until we pray. We want to be in line with God's will, and prayer is not so much about changing God's mind as it is to bring ourselves into alignment with God's heart...and just trust!

Praying to God is talking to the creator of your very being. It is connecting with the God of the universe. You are invited to pray. God himself invites you to bring your burdens, your cares and your needs to him. He invites you to come to him in order to find mercy and grace to help in your times of need. He designed you to be in communication with him.

### The Top 5 Reasons Why We Should Pray

- We were created to know God through prayer.
- It moves us closer to the heart of God.
- Prayer gives us wisdom, insight, and strength.
- Through prayer, we invite God to be at work in our lives.
- It begins and continues a life-long relationship with him.

“Pray as though everything depended on God. Work as though everything depended on you.”

St. Ignatius Loyola (though some attribute to St. Augustine)



### Four Different Types Of Prayer

**A** *doration (praising)*  
**C** *onfession (expressing regret, asking for forgiveness)*  
**T** *hanksgiving (giving thanks)*  
**S** *upplication (asking for)*

This activity is an opportunity to explore the different types of prayers...  
ACTS!

Read each of the following examples of prayer. Then decide what form of prayer each of the examples represent. Choose from adoration, confession, thanksgiving and supplication.

1. During a math test, Aleen asks the Holy Spirit to help her remember how to solve equations. Form of Prayer: \_\_\_\_\_
2. During her evening prayers, Ani always thinks about the good things and bad things that happened during the day. Because she got an “A” on her math test, she tells God how grateful she is for the help she got. Form of Prayer: \_\_\_\_\_





3. In his evening prayers, Zachary tells God that he feels bad about a smart remark he made to a classmate. He resolves to be nice to the classmate in the future.

Form of Prayer: \_\_\_\_\_

4. Vahe has noticed that whenever his grandpa drives past the Armenian Church he makes the sign of the cross. He explained to Vahe that this is in respect to God who comes to us in a very special way when we worship as a community.

Form of Prayer: \_\_\_\_\_

5. Arpy's older sister has been studying for weeks to take the state bar exam so that she can practice law. Arpy prays every day to the Holy Spirit to help her sister learn all she needs to.

Form of Prayer: \_\_\_\_\_

6. One spring day Sevan and his sister Seta were hiking in the hills above the city where they lived. When they arrived at the top of the hill they looked out in the distance and were amazed at how beautiful the view was. Seta reminder her brother about a prayer that they had learned in Sunday School just last week...it was a from the book of Psalms..."How beautiful are your works, O Lord,"

Form of Prayer: \_\_\_\_\_

## A prayer inspired by St. Gregory of Narek

*If we flee, it is you who come after us.*

*If we are weak, you give us strength.*

*If we falter, you set us on the right and easy path.*

*If we are ailing in body and soul, you heal us.*

*If we sin, you weep.*

*If we are just, you smile.*

*If we are estranged, you mourn.*

*If we become stubborn, you are patient.*

*If we are ungrateful, you grant abundantly.*

*If we quit, you are sad.*

*If we approach, you celebrate.*

*Thank you, God, for your great mercy!*

*Amen.*

