

Day 27

Prayer Made Flesh: Vocal Prayer



For Personal Reflection & Prayer

- Name a few of the vocal prayers you first learned.
- Describe when someone has taken you at your word and the consequences this has had on you and others.

Take these considerations to the Lord in prayer, asking for light and strength.

Offer a prayer inspired by the words of Scripture:

For he spoke, and it came to be...

Psalms 33: 9

*Jesus raised his eyes and said,
'Father, I thank you for hearing me.
I know that you always hear me.*

John 11:41-42

Papal Audience on Vocal Prayer

We create words, but they are also our mothers, and to some extent they shape us. The words of a prayer get us safely through a dark valley, lead us towards green pastures rich in water, and enable us to feast in the presence of an enemy, as the Psalm teaches us (cf. Ps 23). Words are born from feelings, but there is also the reverse path, whereby words shape feelings. The Bible educates people to ensure that everything comes to light through the word, that nothing human is excluded, censored. Above all, pain is dangerous if it stays hidden, closed up within us... Pain that is closed up within us, that cannot express or give vent to itself, can poison the soul. It is deadly.



The first human prayer is always a vocal recitation. The lips always move first. Although we are all aware that praying does not mean repeating words, vocal prayer is nevertheless the surest, and can always be practised. Feelings, on the other hand, however noble, are always uncertain: they come and go, they leave us and return. Not only that, but the graces of prayer are also unpredictable: at times consolations abound, but on the darkest days they seem to evaporate completely. The prayer of the heart is mysterious, and at certain times it is lacking. Instead, the prayer of the lips that is whispered or recited together, is always accessible, and is as necessary as manual labour... “Teach us how to pray”, the disciples asked Jesus, and Jesus taught them a vocal prayer: the Lord’s Prayer. And everything is there, in that prayer...

We all have something to learn from the perseverance of the Russian pilgrim, mentioned in a famous work on spirituality, who learned the art of prayer by repeating the same invocation over and over again: “Jesus Christ, Son of God, Lord, have mercy on us, sinners!” (cf. CCC, 2616; 2667). He only repeated this. If his life received graces, if prayer became so warm one day as to perceive the presence of the Kingdom among us, if his gaze was transformed until it became like that of a child, it is because he insisted on reciting a simple Christian exclamation. In the end, it became part of his breathing. The story of the Russian pilgrim is beautiful: it is a book that is accessible to all. I recommend you read it; it will help you to understand what vocal prayer is.

Therefore, we must not disregard vocal prayer. One might say, “Ah, this is for children, for ignorant folk; I am seeking mental prayer, meditation, the inner void so that God might come to me”. Please, one must not succumb to the pride of scorning vocal prayer. It is the prayer of the simple, the one Jesus taught us: Our Father, who art in heaven.... The words we speak take us by the hand; at times they restore flavor, they awaken even the sleepest of hearts; they reawaken feelings we had forgotten. And they lead us by the hand towards the experience of God. And above all, they are the only ones that, in a sure way, address to God the questions that he wants to hear. Jesus did not leave us in a fog. He told us: “when you pray, say this”. And he taught the Lord’s Prayer (cf. Mt 6:9).

https://www.vatican.va/content/francesco/en/audiences/2021/documents/papa-francesco_20210421_udienza-generale.html

