

Meeting God in Prayer

with *Heart of Prayer*

Learn how to grow closer to God with this pathway which invites participants into a retreat setting with Bishop Andrew Cozzens at the beautiful Augustine Institute Campus. Bishop Cozzens weaves together sacred scripture, Church Tradition, and the lives of the saints to teach participants how to hear God's voice, mediate on His love for us, and draw closer to Him through a fruitful life of prayer.

AT GLANCE

Sessions	8
Content Runtime	7hr 15min
Liturgical Season	Any
Content	Heart of Prayer
Content Language Offerings	English

WHAT PARTICIPANTS WILL LEARN

- Knowledge of how to start growing a life of prayer
- Tips on how to enter into prayer and seek to hear God's voice
- Confidence that they can find a deeper connection to God through prayer

WAYS TO RUN THIS PATHWAY

2 Day Retreat	Two day long, guided retreat
8 Weekly Sessions	Eight 90 minute sessions, once per week

PATHWAYS RESOURCES

Video Content

- Heart of Prayer



Pathway Resources

See all pathway information and materials on the Formed Resource Center

- Videos
- Discussion Materials
- Additional Support

ADDITIONAL RESOURCES

- Prayer, On Earth as It Is in Heaven | Symbolon | Session 15
- Prayer: Friendship with God
- Interior Life

Video Content

Episode 1. Introduction | Heart of Prayer

53 minutes

Join Bishop Andrew Cozzens in the first part of this 8-part series, The Heart of Prayer. Everyone is called to a life of prayer, but do we really believe that God desires to meet us in prayer, to speak with us? In this episode, we are reminded about the call to prayer, its richness, and that prayer is all about God's loving call for a relationship with him.

Episode 2. Relationship, Identity, and Mission | Heart of Prayer

51 minutes

In session two, with Bishop Cozzens as retreat master, we learn how important relationship and identity are in prayer. In the end, we can only really understand who we are if we see ourselves in relationship to God, who loves and redeems us. St. Ignatius of Loyola gives us a remarkable example of prayer leading him from a false identity into his true identity as a beloved child of God.

Episode 3. Foundations for Prayer | Heart of Prayer

52 minutes

Prayer rests on key truths revealed by God. This session explores the five theological presuppositions of prayer. Bishop Cozzens then builds on these to explain the four dispositions necessary for prayer. Taken altogether, these foundation stones for a life of prayer make up the starting points for growing in our journey of prayer.

Episode 4. Prayer of the Heart | Heart of Prayer

56 minutes

The fourth session of this 8-part series teaches about the place of prayer within us—the heart. Understanding the heart better highlights the importance of love in prayer. Beyond that, Bishop Cozzens begins to teach about spiritual consolation and desolation and the need for emotional healing and maturity in order to understand properly how God is speaking to us.

Video Content (Continued)

Episode 5. Prayer and the Surrender to God | Heart of Prayer

53 minutes

For this week's session about the Heart of Prayer, Bishop Cozzens teaches about the deepest and most important movement of prayer: when we say to God, "Thy will be done." But this can be challenging, especially in the face of hardship. To help with this challenge, Bishop Cozzens presents a simple pattern for prayer that can lead to great freedom and surrender: acknowledge, relate, receive, and respond.

Episode 6. Spiritual Senses and the Imagination | Heart of Prayer

57 minutes

In this session, Bishop Cozzens teaches about the spiritual senses of the soul. With these senses, we are able to hear the voice of the Lord and to discern his holy will for us. The imagination plays a key role in this and thus is critical for prayer as well. Bishop Cozzens teaches us how to form our imagination and to invite God into it, so that we can discern his voice and then respond to it in our lives.

Episode 7. Repetition and Application of the Senses | Heart of Prayer

57 minutes

In this penultimate session, Bishop Cozzens offers encouragement and tips for some of the most common experiences in the life of prayer: when prayer feels repetitious and when we encounter our own sinfulness. Repetition is a natural part of deepening prayer, and here fidelity and love are key. A greater awareness of our sins has the upside that it enables us to seek the Lord's forgiveness more ardently, but one downside is the temptation to discouragement. Bishop Cozzens teaches us to see our weakness as a place where God can work powerfully, if we're open to his loving will.

Episode 8. Growing in Prayer through Suffering | Heart of Prayer

54 minutes

In this final session, Bishop Cozzens tackles the universal experience of suffering and how we can face it in prayer. The truth that God is with us and that He loves us in the midst of our suffering allows us to avoid turning inward and losing our fervor and love. It can motive and inspire us to recommit to prayer, especially in the hard moments, so that the grace and love of the Lord can lift us up.

Additional Resources

Prayer, On Earth as It Is in Heaven | Symbolon | Session 15

33 minutes

Prayer is the lifeblood of the Christian soul and an intimate conversation with God. The heart that responds to Christ's summons, "Follow me," does so with a view towards eternity. Learn what it means to come before God as a child, ready to receive his love and respond to his call to follow him each day.

Prayer: Friendship with God

12 minutes

What is prayer, and why does it sometimes feel so difficult? In this episode of What Catholics Believe, Fr. Charles Archer explores prayer not as a technique to master, but as a living friendship with God. Drawing on Scripture, the wisdom of the saints, and the life of Jesus himself, he explains why prayer is essential for happiness and how God truly responds to our prayers.

From vocal prayer and meditation to silence, dryness, and perseverance, this episode addresses the most common questions Catholics have about prayer—both personal and liturgical. Whether you feel confident in your prayer life or unsure where to begin, this conversation invites you to encounter Jesus Christ, who desires to be your friend.

Interior Life

16 minutes

We all worship something, whether we know it or not. We are called to put God first, and that means giving him our time in prayer. The focus of this episode is developing a consistent prayer life.

Use Cases

2 Day Retreat | Day 1

8:00 AM	Arrival, coffee, check-in
8:30 AM	Welcome, retreat norms, materials walkthrough
8:45 AM	Opening prayer
8:55 AM	Episode 1: Introduction
9:55 AM	Small groups: Session 1 questions
10:20 AM	Break
10:35 AM	Episode 2: Relationship, Identity, and Mission
11:35 AM	Small groups: Session 2 questions
12:00 PM	Confession, Mass
12:45 PM	Lunch
1:35 PM	Guided personal prayer, Ignatian method
2:35 PM	Break
2:45 PM	Episode 3: Foundations for Prayer
3:45 PM	Small groups: Session 3 questions
4:10 PM	Break and snack
4:25 PM	Episode 4: Prayer of the Heart
5:25 PM	Small groups: Session 4 questions
5:50 PM	Closing prayer and overnight assignment

Use Cases (Continued)

2 Day Retreat | Day 2

8:00 AM	Arrival, coffee
8:20 AM	Morning prayer and overnight check-in
8:35 AM	Episode 5: Prayer and the Surrender to God
9:35 AM	Small groups: Session 5 questions
10:00 AM	Break
10:15 AM	Guided ARRR prayer, led aloud
11:05 AM	Break
11:15 AM	Episode 6: Spiritual Senses and the Imagination
12:15 PM	Small groups: Session 6 questions
12:45 PM	Mass
1:30 PM	Lunch
2:20 PM	Episode 7: Repetition and Application of the Senses
3:20 PM	Small groups: Session 7 questions
3:45 PM	Break
4:00 PM	Episode 8: Growing in Prayer through Suffering
5:00 PM	Small groups: Session 8 questions
5:25 PM	Repetition prayer and commitment
5:50 PM	Closing Prayer

Use Cases (Continued)

8 Weekly Sessions

6:00 PM	Opening prayer
6:05 PM	Check-in on last week's given Challenge - week 1, walk through Ignatian Scriptural Prayer (pg. 32 of study guide)
6:10 PM	Watch the episode
7:10 PM	Discussion
7:25 PM	Memory verse, assign the Challenge, closing prayer



See all materials on the **Formed Resource Center**

Discover comprehensive resources and training designed to help your ministry flourish

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