

Beginners Guide to the Spirituality/Prayer of St. Paul

Spirituality: A Systematic practice of and reflection on a prayerful, devout, and disciplined Christian life. In its practice, Christian spirituality has always called for an ascetical and prayerful life in which a spiritual guide and the light of the Holy Spirit help discern the direction in which individuals and communities are being led (1 Thessalonians 5:19–22; 1 John 4:1). Schools or styles of spirituality have often followed the charisms of such orders as the Benedictines, Carmelites, Carthusians, Dominicans, Franciscans, and Jesuits. As a field of study, spirituality involves theological (including liturgical), scriptural, historical, psychological, and social elements. Gerald O’Collins and Edward G. Farrugia, *A Concise Dictionary of Theology* (New York; Mahwah, NJ: Paulist Press, 2013), 248.

CCC 2559 *humility* is the foundation of prayer.

CCC 2562 According to Scripture, it is the *heart* that prays.

CCC 2564 Christian prayer is a **covenant** relationship between God and man in Christ.

CCC 2565 In the New **Covenant**, prayer is the living relationship of the children of God with their Father who is good beyond measure, with his Son Jesus Christ and with the Holy Spirit.

Paul wrote 13 letters, here are the beginnings of every letter:

Romans 1:7	Grace to you and peace from God our Father and the Lord Jesus Christ.
1 Corinthians 1:3	Grace to you and peace from God our Father and the Lord Jesus Christ.
2 Corinthians 1:2	Grace to you and peace from God our Father and the Lord Jesus Christ.
Galatians 1:3–5	Grace to you and peace from God the Father and our Lord Jesus Christ.
Ephesians 1:2	Grace to you and peace from God our Father and the Lord Jesus Christ.
Philippians 1:2	Grace to you and peace from God our Father and the Lord Jesus Christ.
Colossians 1:2	To the saints and faithful brethren in Christ at Colossae: Grace to you and peace from God our Father.
1 Thessalonians 1:1	To the Church of the Thessalonians in God the Father and the Lord Jesus Christ: Grace to you and peace.
2 Thessalonians 1:2	Grace to you and peace from God the Father and the Lord Jesus Christ.
1 Timothy 1:2	Grace, mercy, and peace from God the Father and Christ Jesus our Lord.
2 Timothy 1:2	Grace, mercy, and peace from God the Father and Christ Jesus our Lord.
Titus 1:4	Grace and peace from God the Father and Christ Jesus our Savior.
Philemon 1:3	Grace to you and peace from God our Father and the Lord Jesus Christ.
Ephesians 2:14	For he is our peace
John 14:27	Peace I leave with you; my peace I give to you

How to pray by St. Paul

Romans 1:9

For God is my witness, whom I serve with my spirit in the gospel of his Son, that without ceasing I mention you always in my prayers,

Romans 8:26

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words.

Romans 10:1

Brethren, my heart's desire and prayer to God for them is that they may be saved.

Romans 12:12

Rejoice in your hope, be patient in tribulation, be constant in prayer.

Romans 15:30

I appeal to you, brethren, by our Lord Jesus Christ and by the love of the Spirit, to strive together with me in your prayers to God on my behalf,

1 Corinthians 14:15

What am I to do? I will pray with the spirit and I will pray with the mind also; I will sing with the spirit and I will sing with the mind also.

2 Corinthians 1:11

You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us in answer to many prayers.

2 Corinthians 9:14

while they long for you and pray for you, because of the surpassing grace of God in you.

2 Corinthians 13:9

For we are glad when we are weak and you are strong. What we pray for is your improvement.

Ephesians 1:16

I do not cease to give thanks for you, remembering you in my prayers,

Ephesians 6:18

Pray at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints,

Philippians 1:4

always in every prayer of mine for you all making my prayer with joy,

Philippians 1:9

And it is my prayer that your love may abound more and more, with knowledge and all discernment,

Philippians 1:19

Yes, and I shall rejoice. For I know that through your prayers and the help of the Spirit of Jesus Christ this will turn out for my deliverance,

Philippians 4:6

Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Colossians 1:3

We always thank God, the Father of our Lord Jesus Christ, when we pray for you,

Colossians 1:9

And so, from the day we heard of it, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding,

Colossians 4:2

Continue steadfastly in prayer, being watchful in it with thanksgiving;

Colossians 4:3

and pray for us also, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison,

Colossians 4:12

Epaphras, who is one of yourselves, a servant of Christ Jesus, greets you, always remembering you earnestly in his prayers, that you may stand mature and fully assured in all the will of God.

1 Thessalonians 1:2

We give thanks to God always for you all, constantly mentioning you in our prayers,

1 Thessalonians 3:10

praying earnestly night and day that we may see you face to face and supply what is lacking in your faith?

1 Thessalonians 5:17

pray constantly,

1 Thessalonians 5:25

Brethren, pray for us.

2 Thessalonians 1:11

To this end we always pray for you, that our God may make you worthy of his call, and may fulfil every good resolve and work of faith by his power,

2 Thessalonians 3:1

Finally, brethren, pray for us, that the word of the Lord may speed on and triumph, as it did among you,

1 Timothy 2:1

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all men,

1 Timothy 2:8

I desire then that in every place the men should pray, lifting holy hands without anger or quarreling;

1 Timothy 4:5

for then it is consecrated by the word of God and prayer.

1 Timothy 5:5

She who is a real widow, and is left all alone, has set her hope on God and continues in supplications and prayers night and day;

2 Timothy 1:3

I thank God whom I serve with a clear conscience, as did my fathers, when I remember you constantly in my prayers.

Philemon 4

I thank my God always when I remember you in my prayers,

Philemon 6

and I pray that the sharing of your faith may promote the knowledge of all the good that is ours in Christ.

Philemon 22

At the same time, prepare a guest room for me, for I am hoping through your prayers to be granted to you.

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St. Paul's personal spirituality: Apostle, Missionary, Martyr, Bishop