



FINDING PEACE
THROUGH PRAYER

INTO
THE
DEEP

STUDY GUIDE

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APOSTOLI VIAE

MANY THANKS TO

*Dan Burke
Claire Dwyer
Sarah Yurgelaitis
Debbie Aguiar
Cathleen Ludlow*

for your efforts on this project.

INTO THE DEEP

QUICK REFERENCE PRAYER GUIDE

READING

An attentive, slow, leisurely, and repetitious reading of a short passage of the Bible.

Key Questions: What does the Bible text say in itself? What did the author intend? What does the Church teach about this subject?

REFLECTING

Prayerfully engaging with the meaning of the passage and considering how it may apply to your life circumstances.

Key Questions: What does this text say to me? How does it apply to my life? Where is God leading me? What is He revealing to me?

RESPONDING

Conversing with God about the passage.

Key Questions: What can I say in response to God? Should I offer thanksgiving or praise, or should I ask for His help in any particular way?

RESTING

Allowing yourself to rest and remain absorbed in the words of God, allowing or inviting the Holy Spirit to draw you more deeply into His presence through what you've read.

Key Questions: Am I being patient, attentive, and open to God's movement in my soul as I rest in His self-revelation?

RESOLVING

Allowing the encounter with God to permeate your day, causing you to draw even nearer to Him through His self-revelation and invitation to participate with Him in making His presence known in the world.

Key Questions: What can I specifically do to respond to what God has revealed to me in this passage? How can I carry this encounter with me into the day to influence how I think and act? Write down your resolutions and conclude with a prayer of thanksgiving.

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LESSON 1

**"WHEN WE HAVE
AN AUTHENTIC
ENCOUNTER
WITH JESUS, WE
CHANGE AND THE
WORLD CHANGES
AROUND US."**

Dan Burke

LESSON ONE

What is it that makes a relationship? Would you say that you have a relationship with Christ?

Do you know about Jesus, or have you encountered Him in a life-altering way? What would you say the difference is between these two things?

In what way has your life changed by encountering Jesus? In what ways do you desire to see it change further still?

Has there been anyone or any event in your life that may have given you a false image of Catholicism? A false image of who God is?

In Matthew 25 Jesus tells the foolish virgins "I do not know you." What does it mean to know someone and be known? Have you ever reflected on the fact that you are called to know God Himself?

Have you ever cried out from the depths of your being, "Lord help me, I want to know you." ?



LESSON 2

**"IN ORDER TO LIVE
IN A COVENANT OF
LOVE, IN ORDER TO
EXPECT UNION, WE
MUST WORK VERY
HARD AT ORIENTING
THE ENTIRETY OF
WHO WE ARE
TOWARD THE ONE
WE CLAIM TO LOVE."**

Dan Burke

LESSON TWO

Do you feel confused about what prayer is and what it is not? Do you notice a stirring in you to know how to pray in a way that leads to intimate knowing of God?

What do you feel when you hear that prayer is more than a mere recitation of words? Have you ever experienced prayer beyond this?

Prayer is not seeking experience. It is about relationship and union with God. Is this your picture when you think of prayer? What moves in you when you hear this?

A relationship with God requires putting in time and effort, just like in any other meaningful relationship in our lives. How much time and effort do you put into developing and nurturing your relationship with God?

Does your prayer life feel like a relationship of ever-deepening love, or has it come to feel like a task list and merely checking off the box?



LESSON 3

**"PROXIMITY TO
JESUS IS
DISTANCE FROM
SIN. PROXIMITY
TO JESUS IS
UNION WITH
GOD."**

Dan Burke

LESSON THREE

Do you remember to actively focus your attention on God when you pray, or do you find yourself merely saying words without thinking of to Whom it is you're speaking?

Are you willing to make a consistent commitment to daily mental prayer to find freedom in those places where you are still bound in sin?

The absence of prayer blurs our spiritual vision. What are the wounds and places in your heart where Jesus might want to give you more clarity through prayer?

What are the things in your life that you are making more time and effort for than your relationship with God?

Proximity to Jesus is distance from sin. Based on the fruits of your life, how close are you to Jesus? In what areas do you need to work on closing that distance?

Imagine yourself in the 1st century encountering Jesus. How would that affect you? How are you responding to the call to encounter Him every day in mental prayer?



LESSON 4

**"THE WHOLE
MYSTICAL
TRADITION...IS
ALL ABOUT HOW
YOU KNOW GOD
ON A REAL AND
PERSONAL
LEVEL."**

Dan Burke

LESSON FOUR

St. Therese describes prayer as a "surge of the heart." To whom in your life have you experienced that movement of the heart? How can that help you to better understand the orientation of the heart toward God in prayer?

Just how personal is your experience of God? Have you kept Him at arm's length? Are you willing to let yourself be known by Him in a unique way?

Have you ever poured out your heart to God, speaking to Him as you would a friend?

The Second Vatican Council teaches that all of us are called to be saints. Have you ever seriously reflected on this teaching and what it means for your life?

The Catechism talks about prayer as a battle. Understanding that it will take effort, are you willing to engage in this battle to deepen your relationship with God, and to see yourself change and the world change around you?



LESSON 5

"THE LORD
ALWAYS
RESPONDS TO
THE CRY OF
THOSE WHO
WANT TO BE
FREE."

Dan Burke

LESSON FIVE

Where can you create a Sacred Space in your home, used for nothing but prayer?

When in your day can you consistently set apart time to commit to God in prayer?

Are you willing to schedule your day around God and not vice versa?

Have you ever asked God to reveal Himself to you and to help you know Him?

Do you go to prayer with the expectation to feel something to satisfy yourself, or is your desire to be with God?

