

The Ways of Mental Prayer

by Right Reverend Dom Vitalis Lehodey, Abbot of Bricquebec, O.C.R.

First Part - Chapters I-V - pp. 1-59

<http://stobertbellarmine.net/books/Lehodey--MentalPrayer.pdf>

The Dialogue of St. Catherine of Siena, "Treatise on Discretion" How This Bridge Has Three Steps access it from (pp 35-36):

<http://www.catholicplanet.com/ebooks/Dialogue-of-St-Catherine.pdf>

CCC 2697-2745 Life of Prayer (Expressions of Prayer)

1. Lehodey expresses that prayer in its widest sense consists of four things. List these four components of prayer. (p. 2)

2. Describe the difference between active prayer and passive prayer. (p. 12)

3. Identify two operations of the soul in regards to the efforts of the soul in mental prayer. (p. 13)

4. Lehodey speaks of elements of success in mental prayer as dispositions of the soul. Distinguish between the four elements in the fourfold purity of the conscience, of the heart, of the intellect, and of the will. (pp. 34-40)

5. Distinguish between the three degrees of progress in mental prayer: purgative, illuminative, and unitive. (pp. 43-48)

6. “We shall notice distractions, tepidity of the will, vagueness of resolutions, illusions, and indispositions.” (pg. 49) What are the three remedies to combat these distractions in mental prayer? (pp. 51)

7. How do the meditations of St. Catherine of Siena on the three steps of the bridge correspond to Dom Lehodey’s distinction between the purgative, illuminative and unitive states? (see excerpt from *The Dialogue*, pp. 35-36)

8. While it is helpful to have the guidance of Dom Lehodey in making distinctions about different aspects of prayer, we should never lose sight of the primary purpose of prayer. What insight from *The Catechism* resonated with you to motivate you to be more attentive and intentional about your practice of prayer?