2021-2022
Called to be Light in the Darkness

TASTE Reflection Questions #20
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Dominican Spirituality: The Rosary & More

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The light shines in the darkness, and the darkness has not overcome it. John 1:5

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1. What are the 9 postures of prayer? What is one thing that each gesture is designed to call to mind? If you prayed with them this week, please share something of the experience.

2. From the CCC we learn:

> **2702** The need to involve the senses in interior prayer corresponds to a requirement of our human nature. *We are body and spirit, and we experience the need to translate our feelings externally.* We must pray with our whole being to give all power possible to our supplication.
> **2703** This need also corresponds to a divine requirement. God seeks worshippers in Spirit and in Truth, and consequently living prayer that rises from the depths of the soul. He also *wants the external expression that associates the body with interior prayer, for it renders him that perfect homage which is his due*.

   All but one of the prayer postures appears in the Mass or special liturgies (hint: Good Friday). Can you identify where they occur in the Mass(or other liturgy)? What does it mean to you that the Catholic Mass includes almost all of these postures and gestures?

3. The Rosary is a beautiful prayer given to the Church via St. Dominic. Did you know it was, in part, meant to be an aid to help the illiterate learn the life of Jesus? How does the Rosary fit into your faith journey? Do you have a "special" set of Rosary beads that keep you connected to a specific person or event in your life?

4. Mike offered some variations on the Rosary that he uses in his own prayer life. Did you try any of his ideas this week? If yes, please share about the experience.