

Balancing Business, Family and Prayer Life

An Evening for Men to Reflect

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Overview

- How do we pray?
- How did Jesus pray?
- Can we imitate how Jesus prayed?
- How do we find the balance?



Who Is This Jorge Diaz Guy?

- Married 26 years, 3 daughters
- Trained computer scientist / programmer turned marketing / operations director / web developer
- College adjunct faculty
- Life-long Catholic, Almost Protestant, Emmaus brother
- Back on Track Network ministry head
- Catholic podcaster and blogger



Any idea I think will help

Drowning

Treading Water

Swimming

Surfing



How do we pray?



First Things First

- Let's fill out a questionnaire
- Let's start with a prayer



Let's Tally Up Our Scores

- Let's see what our own confessions say!!
- What does this say about us as a group?
- Do you think this accurately describe your faithfulness?



How do you pray?

- Describe what actual prayer looks like to you
- How much time a day or week does it take?



How do you pray?

How does your time in prayer compare with the time you spend:

- at work,
- with your wife/kids,
- working out,
- watching TV,
- in your favorite hobbies,
- following sports?



How did Jesus pray?



A Day in the Life of Jesus

- Curing the Sick and Raising the Dad
- Preaching to Large Crowds (no sound systems)
- Dealing with !@#\$\$@# Religious Leaders
- Feeding 5,000 people



Jesus Praying in Scripture

- Luke 6, 12 – Prayed all night. Selects apostles.
- Luke 9, 18 – Peter says, “You are the Messiah.”
- Luke 9, 28-29 – Transfiguration
- Luke 11, 1 – Before teaching the Our Father
- Luke 22, 32 – Peter, you will deny me.
- Luke 22, 41 – Mount of Olives
- Luke 23,46 – On the cross



Can we imitate how Jesus prayed?



What Is It About the Following?

- What is it about a retreat?
- What is it about going out into nature?
- What is about the birth of your own child?



Let's Redefine Prayer

- My efforts to increase my conscious awareness of God's presence
 - Farmer and St. John Vianney
 - Husband and wife
 - Story from Silence on Fire page 11



Honest Question, Honest Answer

- What was going on in your head during our silent prayer time?



Two Word Pictures

- Taking a trip, climbing a mountain, overcoming an obstacle and arriving face to face with the Lord
- Awaiting the morning sun that burns away the fog so we can see God among us



Given this new definition:

What is the biggest obstacle to prayer?



Prayer in Two Phases

- Working on My Awareness
 - Doing the Time to Quiet the Mind
 - Receiving the Sacraments
 - Not So Immediately Rewarding

- Experiencing the Awareness
 - When Was the Last Time This Happened
 - Was it fleeting?
 - Was it a high?



Scripture Readings on Persistence

- Moses prays on the mountain during Joshua's battle with Amelek, Exodus 17: 8-13
- Be persistence when it is convenient and when it's inconvenient 2 Timothy 3:14 – 4:2
- The Parable of the Persistent Widow Luke 18: 1-8



Prayer Suggestions

- The Rosary
- Quiet Meditation
- Reading the Bible
- Going to Mass
- Going to reconciliation
- Speaking in tongues



Recommended Resources

- Silence on Fire: Prayer of Awareness by William Shannon
- Heroic Leadership: Best Practices from a 450-Year-Old Company That Changed the World by Chris Lowney

