

## The *Nine Ways*

St. Dominic, who lived from 1170-1221 and founded the Order of Preachers (aka, the Dominicans), did not himself write down a text on how to pray. Rather, an anonymous author, inspired by St. Dominic's holy example, wrote *The Nine Ways of Prayer of St. Dominic* sometime between 1260-1288. The hand-written book includes pictures of the movements and gestures the author described.



## Adapting the *Nine Ways*

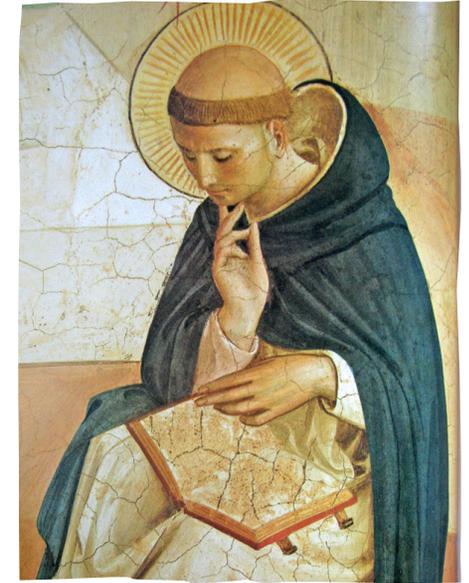
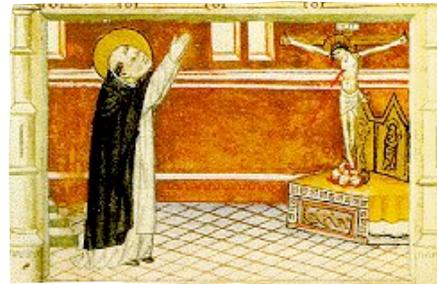
Adapt the nine ways to your own needs and daily routine. You can change the words, do only one or two of the movements and gestures, and/or use them in a different order. The purpose of this prayer form is not to “get it right,” but to discover how to use your body to strengthen your relationship with God.



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# PRAYING WITH THE BODY

ADAPTED FROM *THE NINE WAYS OF PRAYER OF ST. DOMINIC*



*Praying with the Body* reminds us that we aren't only mental and spiritual beings, we're also physical beings. What I do with my body affects my mind and heart, just as what I allow into my mind and heart affects my body. By incorporating physical movement and gesture into our prayer, we can strengthen both our minds and hearts.

*And God saw that it was good.*

Body and soul, matter and spirit – these are created and sustained by God. Our prayer will be stronger if we pray with our whole selves.

## ADORATION

1



Glory be to the Father, and to the Son, and to the Holy Spirit.

*(Bow deeply and say a Glory Be.)*

Praise God who is the source of all goodness. Praise God the creator of all.

## INTIMACY

2



You knit me in my mother's womb.  
-Ps 139:13

*(Kneel with your hands on your heart.)*

Think of times God has felt especially close to you. Remember that God is always close.

## CONTRITION

3



O Lord, have mercy on me, a sinner.  
-Lk 18:13

*(Stretch yourself out on the floor.)*

Confess the sins that separate you from God and harm you and others.

## THANKSGIVING

4



In all circumstances give thanks, for this is the will of God for you in Christ Jesus.  
-1 Thes 5:18

*(Stand, arms raised, palms up.)*

Thank God for the big and small ways in which he has blessed you.

## INTERCESSION

5



Ask and it will be given to you.  
-Mt 7:7

*(Put your palms together and point them upward.)*

Pierce the heavens with your requests.

## OFFERING

6



...whether we live or die, we are the Lord's.  
-Rom 14:8

*(Hold out your arms as if you're on a cross.)*

Offer yourself to God. Allow God to make you more like Christ.

## STUDY

7



A lamp to my feet is your word...  
-Ps 119:105

*(Bring your hands together to form an open book.)*

Read the Bible, the *Catechism*, or writings by the saints. Work hard academically.

## MORTIFICATION

8



People used to whip themselves as a way to control their body.

Try healthier, contemporary practices of mortification like exercising, fasting, or abstaining from meat, soda, facebook, or music.

## DAILY TASKS

9



As the Father has sent me, so I send you.  
-Jn 20:21

Choose a word, phrase or image from scripture and carry it in your mind as you walk or drive.