

De Modo Orandi

The First Way of Prayer

This way of prayer was the beginning of his devotion: bowing deeply.

Second Way of Prayer

St. Dominic also often used to pray throwing himself down on the ground, flat on his face, and then his heart would be pricked with compunction...

Third Way of Prayer

For this reason, rising up from the ground, he used to take the discipline with an iron chain saying, 'Your discipline has set me straight towards my goal' (Ps. 17:36).

Fourth Way of Prayer

After this, St. Dominic, standing before the altar or in the chapter room, would fix his gaze on the crucifix, looking intently at Christ on the cross and kneeling down over and over again, a hundred times perhaps...

Fifth Way of Prayer

Our holy father Dominic would stand upright before the altar, not leaning on anything or supported by anything, but with his whole body standing erect on his feet. Sometimes he would hold his hands out, open, before his breast, like an open book, and then he would stand with great reverence and devotion, as if he were reading in the presence of God. ... At other times he joined his hands and held them tightly fastened together in front of his eyes.

Sixth Way of Prayer

Our holy father Dominic was also seen praying with his hands and arms spread out like a cross, stretching himself to the limit and standing as upright as he possibly could.

Seventh Way of Prayer

He was also often found stretching his whole body up towards heaven in prayer, like a choice arrow shot straight up from a bow (Is. 49:2).

Eighth Way of Prayer

Sober and alert and anointed with a spirit of devotion which he had drawn from the words of God which had been sung in choir or during the meal, he would settle himself down to read or pray, recollecting himself in himself and fixing himself in the presence of God.

Ninth Way of Prayer

Sometimes he went aside from his companion or went on ahead or, more likely, lingered far behind; going on his own he would pray as he walked, and a fire was kindled in his meditation (Ps. 38:4).