

What is Prayer & Why Do We Need to Pray?

What is Prayer?

- “For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.” - St. Therese of Lisieux
- "Prayer is the raising of one's mind and heart to God or the requesting of good things from God." - St. John Damascene
- Prayer is time spent with God, building a relationship with God, a conversation with God, and most importantly surrender to and humility before God

Luke 10: 38-42 (Mary & Martha)



How Important is Prayer?

“Rejoice always, **pray without ceasing**, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

(1 Thessalonians 5:16-18)

Then Jesus told them a parable about their need to pray always and not to lose heart.” (Luke 18:1)

Jesus at Prayer

- “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”
 - (Mark 1:35)
- “After he had dismissed them, he went up on a mountainside by himself to pray. When evening came, he was there alone.”
 - (Matthew 14:23)
- “One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.”
 - (Luke 6:12)

How and When Do I Pray?

•How?

lectio divina, Rosary, Divine Mercy, Eucharistic Adoration, Our Father, etc.

•When?

Finding time can be the biggest obstacle to prayer. We need to *make* the time to pray.

Making Prayer the First Priority in Your Life



Your Homework for the week:

Find 15 to 30 minutes in your daily routine where you will make time for prayer.

-30 minutes is optimal

-15 minutes is a bare minimum