

# Why We Need to Pray

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The world needs prayer more than anything right now.

- To be renewed in prayer is to be renewed in ALL aspects of our life. It is to be young again!
  - "On prayer the soul is purified from sin, charity is nurtured, faith takes root, hope is strengthened, the spirit gladdened. In prayer the soul melts into tenderness, the heart is purified, the truth reveals itself, temptation is overcome, sadness is put to flight." St. Lawrence

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- More than communal prayer (mass, family prayer) we need to be grounded in PERSONAL prayer.
  - Without personal prayer, our prayer life is superficial and empty, an act without the heart behind it.
  - Personal prayer is the soul of Christian Life.

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- Human life only makes sense when God sits at the center.
  - God can only take up an important role in our life if we spend time with Him daily.

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- Prayer gives us a progressively deeper knowledge of God.
  - Through prayer we are able to move beyond our assumptions of God.
    - God is both mighty and tender, He is transcendent and near, He possess infinite power and yet remains gentle.
    - Prayer also teaches us that EVERYTHING comes from God. We shouldn't be disappointed with people for not giving us what we need, or with ourselves for being able to provide everything we need.
    - All good things come from God.

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- Prayer gives us a progressively deeper knowledge of God.
  - Through prayer we are able to move beyond our assumptions of God.
    - Our hope should be in God alone.
    - God is enough.

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- Prayer also teaches us to let go of the lies we tell ourselves about who we are.
  - We are compelled to recognize who we are: our wounds, our weaknesses, our inconsistencies, selfishness, hard-heartedness, and secret-complicity with evil.
  - Thankfully, God only reveals our sins to us in the same moment He is begging us to accept His forgiveness and mercy.

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- Prayer also teaches us to let go of the lies we tell ourselves about who we are.
  - We will also experience the unique and personal love that God has for us, and only us.
    - God does not love two people in the same way since it is the very love of God that shapes our personality.

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- Prayer teaches us to love.
  - Where prayer is lacking, so is love of neighbor.

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- Where do we go from here?
  - What is prayer?
  - What are the characteristics of prayerfulness?
  - What are the fruits of prayer?
  - Prayer and Faithfulness
  - Prayer and Hopefulness
  - Prayer and Love
  - Prayer through Creation
  - Prayer through Scripture
  - Dealing with common Prayer Struggles
  - The Nitty-Gritty of having and maintaining a prayer life
  - How to Pray ALWAYS

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### Journaling Questions

Honestly assess your current prayer life. Is it healthy? Is it consistent and life-giving?

What is your relationship with God like? Do you feel like you know Him, and you allow Him to know you?

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