

What is Prayer?

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Prayer



Prayer



Prayer is simply being in the presence of God.

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- Prayer is love.
 - When we love someone, we seek their presence and seek a deeper intimacy with them.
 - Prayer is a genuine dialogue of love, to the point where we can be wholly possessed by our loving Father, vibrating with the Holy Spirit, and captivated with our Beloved.
 - When we pray, instead of trying to produce love in our souls toward God, we should be basking in God's love for us.
 - We try too much and trust too little.

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- Prayer is also a response to God's call.
 - God asked.
 - Jesus commanded.
 - Believing in and following God demands prayer.

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- Contemplative Prayer is the radiant awareness of mutual indwelling with God and His people.
 - We are a temple, made sacred by God. A temple where we can fully encounter and worship God—and be changed by Him.

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- Prayerfulness is a way of being.
 - Prayer is really the effort of breaking away from this world and spending time in loving relationship with God.
 - Prayer is for the soul what eating is for the body because prayer keeps the soul in contact with God, the source of all life.
 - Prayer is the quest to constantly, and in every way, clear away more space for God in your life.
 - Prayer is grounded in humility and right seeing.
 - I need God.

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- Prayer is NOT.
 - Study
 - One moment of prayer, of weak worship, confused contrition, trepid thanksgiving, or pitiful petition will bring you closer to God than all the theology study in the world.
 - A Feeling
 - Often times prayer can be dry and without feeling, but God is still there, speaking and listening.
 - A Series of Acts
 - Because Jesus didn't call us to a new religion, He called us to a new life.

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- Prayer is the Only Way to make Spiritual Progress.
 - The absolute meaning of our lives is to become saints. And we will reach this end, either here on earth or in purgatory.
 - Holiness is simple: giving our ALL to God.
 - We are often too full of ourselves to see God.
 - Prayer is the way we let go of ourselves and approach holiness.

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Journaling Questions

Essential questions to consider as we embark on prayer:

How am I opening myself up to God?

What is holding me back from encountering God every moment of my life?



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