

What are the fruits of prayer?

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The Fruit of Prayer

The Fruit of Prayer

- The Fruit of Prayer:
 - If prayer is genuine, it WILL bare fruit.
 - The benefits of prayer are neither instantaneous nor measurable.
 - The real fruit of prayer is grace—God's gift of Himself that we open ourselves up to receiving when we come before Him in prayer.

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The Fruit of Prayer

- The Fruit of Prayer:
 - The goal of prayer is to see as clearly as possible what God has given us each day, so that we might turn and give as generously to those in our lives.
 - Prayer will also lead us out of ourselves into TRUTH. We will see that we aren't God and that being consumed with our own desires, hurt, and ego is foolishness.

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The Fruit of Prayer

- The Fruit of Prayer:
 - If our prayer is real, it should bare fruit. Because real prayer brings our heart closer to God. So are we really praying, or are we just talking to ourselves?
 - In order for prayer to be fruitful, our prayers don't have to be directly answered. Effective prayer instead infuses the events of life with new light so we are able to see people and things more clearly in ways that might not have been possible before.
 - Prayerfulness slowly teaches us to have eyes that see and ears that hear.

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- What about feelings?
 - Feelings can accompany prayer.
 - God is all goodness and sometimes just being near God in prayer we can experience the sweetness of His presence, a small taste of heaven.
 - God is an ocean of peace, and sometimes while in prayer we can float in that peace.
 - However, not feeling these things is common and normal. Often God prefers to teach us to love in the darkness.

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The Fruit of Prayer

- Examples of the Fruits of Prayer:
 - Becoming aware of our sins
 - Finding space to process and reflect
 - Embracing fear, and not be ruled by it
 - Acknowledging past hurts
 - Acquiring the ability to see past our own fears, hurts, and plans, and no longer be consumed by them
 - Understanding ourselves a little bit better

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The Fruit of Prayer

- Examples of the Fruits of Prayer:
 - Understanding God a little bit better
 - Becoming a bit more understanding of others and their motives
 - Becoming more intune with the voice of God and being able to tune out the scream of society
 - Moving past our sins once they are forgiven
 - Understanding our past sufferings
 - Moving toward understanding of our current suffering
 - Surrendering control into the hands of God

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The Fruit of Prayer

- Answered Prayers:
 - Although God answers prayers in His way, God refuses nothing to those who refuse Him nothing.
 - Sometimes the answer to our prayers will be the answer He gave to St. Paul: "My grace is sufficient for you, for my power is made perfect in weakness." (2 Cor 12:9)
 - Because our salvation is more important than having an easier life

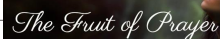
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The Fruit of Prayer

Our prayer will be fruitful if we remain grounded in **FAITH, HOPE, and LOVE**

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The Fruit of Prayer

Journaling Questions

What fruits of prayer have I experienced in the past?

What is keeping me from experiencing the fruits of prayer now? Am I open to them? Do I quiet my mind and soul to receive them?
Do I spend enough time with God?



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