

Prayer and Faithfulness

www.catholicprouts.com

Prayer and Faith



Prayer and Faith



- First of all...
 - The difference between The Faith and faith:
 - The Faith: the set of beliefs we hold as truth as Catholic Christians
 - faith: the work of believing and trusting in God

www.catholicprouts.com

Prayer and Faith



- Prayer is essentially an act of faith.
 - As soon as we start to pray we are making an act of faith:
 - That God exists
 - That it is worthwhile to spend time with Him, listen to Him, and speak to Him, and that He loves us
 - That He care enough about me to spent time with me

www.catholicprouts.com

Prayer and Faith



- Although it is not mandatory that we understand The Faith in order to have fruitful prayer, the more we understand what we believe, the more our faith will be a light and a strength for us.
 - However, although it is good to know the truths about God, everything we understand about God is **still not God**.
 - God is infinitely beyond our ability to understand.
 - To fully understand something implies being able to dominate or control it. We will never be in this position with God.

www.catholicprouts.com

Prayer and Faith



- Prayer does not depend on what you are able to understand or feel.
 - It is faith that keeps us connected to God during times of dryness.

www.catholicprouts.com

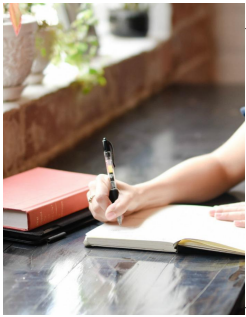
Prayer and Faith



- Mary is the ultimate example of faith.
 - She pondered in her heart.
 - She believed in the darkness.



www.catholicprouts.com



Prayer and Faith

Journaling Questions

Praying is an act of faith. Each time I sit down to pray, by simply doing that, what am I professing to believe?


www.catholicprouts.com

Prayer and Hopefulness

www.catholicprouts.com




Prayer and Hope



Prayer and Hope

- Prayer is an act of hope.
 - Prayer recognizes that we need God, can't manage by ourselves, and rely on Him for what we need.
 - Prayer leads us to humility and spiritual poverty, which cannot be separated from the virtue of hope.
 - When we place our hope in God we are, at the same time, recognizing our own weakness and brokenness.


www.catholicprouts.com



Prayer and Hope

- Salvation requires humility and hope.
 - We learn who we are, and how limited and fallen and small we are, and then place our hope not in our own abilities, but in God alone.
 - The prayer that is able to reach God's heart in heaven is the prayer that springs from our own loathing of our sinful nature.
 - We are often so full of pride and self-love that God can't communicate Himself to us.


www.catholicprouts.com



Prayer and Hope

- God sends us the blessing of virtues not based on our merits or qualities,
 - But based on our hope.

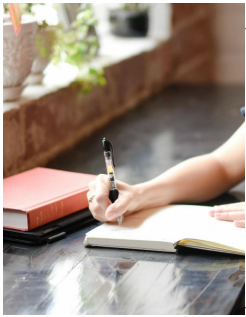
www.catholicprouts.com



Prayer and Hope

- Human beings are not purified from the outside inward, but starting from the inside.
 - No effort we make will lead us to holiness.
 - It is God, who already dwells inside us (we know through hope), that will ultimately lead us to holiness.

www.catholicprouts.com



Prayer and Hope


Journaling Questions

Praying is an act of hope. What is the link between hope and humility?

www.catholicprouts.com


Prayer and Love

www.catholicprouts.com


- **Prayer is an act of love.**
 - We make time for the things and people that we love, so when we remain faithful to our appointments to pray, we are loving God in the most important way we can.
 - Fulton Sheen, *Why do we pray?*
 - "We pray as much as we desire to, and we desire to pray in ratio with our love. But the capacity for prayer belongs to every soul, and even those who do not acknowledge any love of God pray under stress."

www.catholicprouts.com




- **Prayer is a school of love.**
 - Prayer teaches us patience, faithfulness, humility, and trust, which are all expressions of love.

www.catholicprouts.com



- **Prayer is LOVE.**
 - Prayer is not about "thinking a lot." Prayer is about "loving a lot."
 - Prayer demands that we accept God's love in faith and hope.
 - To be really in love with another, we need to be completely open to what and who they are, and what they want to give us.
 - We often think of prayer as a duty, but it is a privilege, a privilege to bask in God's love.

www.catholicprouts.com



- **Love allows us to focus in prayer.**
 - Your mind might wander while in prayer, but it is our love, anchored and focused on God, that keeps us focused in prayer.

www.catholicprouts.com



Journaling Questions

How well am I doing at loving God?
What can I do to improve the way I
love Him?