



Thoughts on Prayer

Many of us have asked ourselves these questions: "How do I pray? Why do I pray? Am I doing it right? Is God listening?" Don't be embarrassed by these questions. As Our Lord said on more than one occasion, "Do not be afraid!"

There is no mysterious formula for prayer. Start with basic prayers such as The Lord's Prayer, the Hail Mary, or the Glory Be. Short prayers can be whispered at various times and as part of your busy day.

Prayer is essentially a heartfelt conversation with God, through both vocal prayers as well as mental prayers.

Mental prayer allows us to broaden and deepen this conversation and our relationship with God. Through meditation on Divine truths we can better discern His will for us and draw closer to Him. Your prayers to God can consist of your spontaneous thoughts addressed to Him.

Speak to Our Lord as you would to a friend or loved one. Share your joys and your sorrows, your questions, your concerns. He wants that very much from all of us. Remember, Our Lord is always knocking at the door of our heart. He wants to deepen our relationship with Him. He is always knocking but will not enter without our consent.

Persevere in seeking God's guidance and allow his graces to help you get through. Trust that He will get you through tough times. He always wishes to strengthen you spiritually so that you may advance in Holiness.

An idea for this week:

Focus on images, not words.

Is there someone you want to pray for? Visualize that person in your mind and heart, and offer them to God in this way. Envision the people or situations you are worried about and offer the images as heart felt prayers. God already knows your mind and heart. These "image prayers" mean as much as your words.



Stewardship of Prayer

Pray continually

1 Thessalonians 5:17

Prayer is GRATITUDE, HOPE, FAITH AND LOVE (AGAPE)

An ancient saying in the Church reads "*lex orandi, lex credendi*" meaning that the law of prayer is the law of faith. More loosely: as we pray, so we believe. To that we might add *lex vivendi*, meaning that as we pray, so we believe, and so we live. (from United States Conference of Catholic Bishops, 2010)

During the next few weeks we will be promoting the stewardship of prayer at Holy Spirit. Next weekend you will be asked to make a personal commitment to prayer in your daily life. For the next several weekends we will be sharing thoughts on prayers as well as resources.

From the Catechism of the Catholic Church:

2743 It is always possible to pray: the time of the Christian is that of the risen Christ who is with us always, no matter what tempests may arise. Our time is in the hands of God:

It is possible to offer fervent prayer even while walking in public or strolling alone, or seated in your shop, . . . while buying or selling, . . . or even while cooking.

2744 Prayer is a vital necessity. Proof from the contrary is no less convincing: if we do not allow the Spirit to lead us, we fall back into the slavery of sin. How can the Holy Spirit be our life if our heart is far from him?

Nothing is equal to prayer; for what is impossible it makes possible, what is difficult, easy....

