

Introduction to Prayer

Lesson 33 Summary

Lesson Learning Objectives

- The participants will examine prayer as a relationship with God.
- The participants will explore prayer as covenant, communion, and gift.

Content Summary

1. Prayer can become alive and vital when you experience it as a deep, personal relationship with God. Prayer is both talking and listening to God.
2. According to Scripture, it is the heart that prays. The heart is your hidden center, the place of decision and truth where, as a person made in God's image, you speak to God, live in God's presence, and hear God speak to you.
3. Prayer is a central way that God has revealed himself to humankind. Everyone is called to prayer. This is because the desire for God is built into us; it is a response to God who first and tirelessly calls us to encounter him through prayer.
4. As children of God, we are all made to be in a close relationship with God. Through prayer you enter that relationship with God through Christ by the power of the Holy Spirit.
5. Jesus' prayer serves as a model for us. The Gospels tell us that Jesus prayed at decisive moments in his earthly ministry. He also prayed at key moments involving his Apostles.
6. Jesus emphasized that we should bring the correct attitude to our prayer. He taught that for our hearts to pray in faith, we must undergo conversion. We must reconcile with others, love our enemies, pray for our persecutors, pray for forgiveness, and make seeking the Kingdom of God our priority.
7. Mary also stands as a model of prayer for us. Her human heart was completely attuned to the will of the Father. From her we learn that we too are capable of such faith.
8. Mary is not only the mother of God; she is the mother of the Church, of all Christians. Because of this the Church has developed a tradition of praying to Mary for special needs.
9. When it comes to this relationship called prayer, there are many we can turn to for advice. One source we can turn to is the saints. Through their writings, their lives, and their continued prayer, the saints will inspire our prayer lives.

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