

## Chapter 12

# Answer Key for Double-Check Questions

1. *What is prayer?*

Prayer is lifting up one's mind and heart to God or requesting good things from him.

2. *What obstacles can get in the way of prayer?*

Distraction, spiritual dryness, and feeling like you have to be an expert in prayer are common obstacles to prayer.

3. *Why is listening to God as important as talking to God?*

Listening to God is how we learn what his will is for our lives.

4. *Briefly describe the different forms of prayer.*

- Blessing. Asking God to care for a particular person, place, or activity, and blessing God for the blessings he bestows on us.
- Adoration. The prayerful acknowledgment that God is God and Creator of all that is. It's a recognition of the awesome power of God.
- Petition. Asking God for something you need.
- Intercession. Prayer on behalf of another person or group. When we offer intercessions, we join our love with God's love in prayerful concern for someone else.
- Thanksgiving. A prayer of gratitude for the gift of life and the gifts of life.
- Praise. A prayer of acknowledgment that God is God, giving him glory not for what he does, but simply because he is.

5. *What is vocal prayer? Give an example.*

Vocal prayer is prayer that is spoken aloud or silently. The Lord's Prayer and Hail Mary are examples.

6. *What is Ignatian Gospel meditation?*

In his *Spiritual Exercises*, Saint Ignatius developed a method of prayer in which we use our imagination to immerse ourselves in a story from the Bible. With this method, we visualize in our mind the details of a specific Gospel account. As the story comes to life in our imagination, we are brought to a personal and real encounter with Jesus in the present moment.

7. *Why is Sacred Scripture an important source for prayer?*

Sacred Scripture is an important source for prayer because many of our formal prayers come directly from, or are based on, passages from the Bible. When we celebrate Mass, much of the Liturgy of the Eucharist is taken from Sacred Scripture. The Lord's Prayer is taken from both the Gospel of Matthew and the Gospel of Luke.

8. *Why is the Lord's Prayer such an important prayer for Christians?*

The Lord's Prayer is like a summary of the whole Gospel. It is an essential prayer for Christians because it was taught to us by the Son of God.

