

Prayer 101: An Introduction

The *Catechism of the Catholic Church (CCC)* defines prayer as “the raising of one’s mind and heart to God or the requesting of good things from God (St. John Damascene, *De fide orth.* 3, 24: J. P. Migne, ed., *Patrologia Graeca* [Paris, 1857–1866] 94, 1089C)” (CCC, 2590).

Rate each item in the chart below according to its importance on a scale of 1 to 5, with 1 representing “very high importance” and 5 representing “very low importance.” Then answer the questions that follow.

Raising my mind and heart to God means . . .					
	1	2	3	4	5
putting aside my favorite magazine (or computer, or texting friends, etc.) for a while					
having an open mind					
looking up toward heaven					
finding a time and place to focus on God					
having the positive attitude that God has good things in store for me					
putting away negative thoughts about other people and myself					

- Beyond any item in the list above, what do you think would help you the most to raise your heart and mind to God?

- What do you think could result from being open to God?

- What are some things that inhibit you from opening yourself to God in prayer?



Complete the following in the same manner as the previous chart.

Requesting good things from God means . . .					
	1	2	3	4	5
begging for permission to get a material object that I strongly desire					
asking for good health for me and my family					
ferverently asking for recognition for an accomplishment					
asking for clarity of thought as I begin to take a test					
requesting the gift of strong faith so I can overcome real temptations					
asking for the ability to forgive someone who has unjustly hurt me					

- Beyond any item in the list above, what do you think would be a good thing for you to request from God?

- What five good things that you possess right now are you most grateful for?

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