

HOW DO WE PRAY?

Prayer is simply the moments we are in conversation with God. There are many ways to pray. The important thing is that there is a connection between you and God. Prayer can be experienced individually or in a group and usually takes the form of adoration, petition, intercession, thanksgiving or praise.

When do you pray?

It is always best to put prayer into your everyday schedule. Whether first thing in the morning or just before bed, to have a set time to pray will help it remain a daily part of your life.

What if I don't feel like praying?

No prayer is bad prayer.

Keeping those communication lines open with God will allow you to be open to what He might be saying to you no matter how you feel. If you keep your time of prayer consistently then the fruits of that prayer will always be made evident.

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:16-18 (NRSV)

"For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy."

— St. Therese of Lisieux

Praying is as human as breathing, eating, and loving.

Praying purifies. Praying makes it possible to resist temptations. Praying strengthens us in our weakness. Praying removes fear, increases energy, and gives a second wind. Praying makes one happy."

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