

WHY PRAY? JESUS PRAYED.
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U.S. Catholic Catechism for Adults, ch. 35 & 36, p. 461-481. Also
Appendix B: Traditional Catholic Prayers, p. 532.
New Catholic Answer Bible: H-1, H-4, J-2, O-1, R-2.

Prayer for Peace - USCCA p.537

Old Testament

Abraham in prayer to God - See Genesis 12, 15, 17, 22
Moses praying to God - Exodus 3
Psalms

New Testament Jesus prayed

Mark 1: 35 (NT 74) ...early in the day.

Luke 6: 12 (NT 110) ... in the night.

Matthew 6: 9-13 (NT 23) Our Father. See also Text p. 483-490, Ch 36.

Didache (mid-first or second century, oldest surviving written [catechism](#) or lesson book.

Luke 22: 39-46 (NT 137) Agony in the Garden before he was arrested.

Luke 23: 34 (NT 139) from the cross.

DISCUSS

Why would Jesus pray?

Why should we pray?

What is your definition of prayer? What does it look like in your life?

Prayer - part of being in a loving relationship with God.

Relationship - Lack of communication can be an obstacle to relationship. Lack of prayer cuts us off from God.

USCCA Text Ch 35, p. 463 for definitions of prayer.

“Raising of one’s mind and heart to God.”

GODSPELL

“...these things I pray:
To see thee more clearly,
Love thee more dearly,
Follow thee more nearly, day by day.”
(St. Richard of Chichester, 1197-1253)

See Thee more clearly.

Know yourself.

pride, self-sufficiency, indifference, poor conscience, lack of
communication, sinfulness, etc.

Humility is the foundation of prayer. (CCC #2559) We come to God in humility.
God is God and we are not.

Love Thee more dearly.

Gratitude

Paying attention to God in our lives through prayer.

Follow Thee more nearly.

Our response to God’s constant invitation to relationship and grace is **faith**.

Prayer is a response, a result, of faith.

“Lex orandi, lex credendi: The law of prayer is the law of faith, or more loosely translated, “What we pray is what we believe.”

Look at your pattern of prayer.

WHY PRAY?

Because Jesus did. No better example.

Prayer is required for a relationship with God. Communication is essential in any relationship.

In prayer we obtain guidance; we are able to discern (to comprehend what is difficult to see) when making decisions in life.

Keeps us attentive to God in our everyday life. We express love, part of our worship of God’s holiness, say we are sorry.

Jeremiah 29: 11-14a (OT p.944)

Discussion

1. What are obstacles in my prayer life?
2. Is personal prayer an option in a loving relationship with God? Explain.
3. What point has stands out with regard to prayer?