Lesson 11 - Prayer - Life Blood of Growing Disciple

1. What is Prayer?

Prayer is communicating with God in a Relationship of Love.

2. Prayer is

- Our means of communicating with God to build a closer relationship.
- Gift from God.
- A conversation from the Heart with the Lord.
- 🖶 Spiritual oxygen for every Christian
- A way to nurture our relationship with God.
- A Act of Trust in His Divine Providence

3. Which are the 2 dimensions of Prayer?

- Communal Prayer
- 🖶 Private Prayer

4. Name and explain the different Forms of Prayer? Blessing and adoration:

- Acknowledgement of God's awesome greatness.
- Showing great reverence, awe & respect for his unending goodness.
- Responding enthusiastically to the blessings he has given us (the word enthusiasm comes from the Greek words *En Theos*, meaning "in God")

Eg: The Gloria & Act of Faith

Petition and contrition:

- Request for something personal for ourselves.
- lacktriangle Act of being sorry for our sins & asking God's forgiveness.

Eg; Our Father & Act of Contrition.

Intercession:

Praying on behalf of others, including our enemies

Eg: Prayer of the Faithful at Mass

Thanksgiving:

Expressing gratitude for all that God has given to us and done for us.

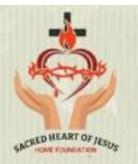
Eg: Grace before & after meals.

Praise:

- Prayer filled with Joy
- Can take the form of a hymn or song of praise
- ♣ St Augustine : " To sing is to Pray twice"

Eg: Act of Charity

The Lord's prayer comprises of a variety of forms of prayer.



Prayer

Protects You.

BENEFITS OF PRAYER

Prayer Draws You Closer to God.



Prayer Gives You Hope.

Prayer Changes Things.

Prayer Heals You From all Pain. Prayer Makes You Happy.

Prayer Makes You Less-Selfish.

Ehimen Okaka

Prayer Makes You Spiritually Strong.



Prayer Keeps You in the Will of God. Prayer Gives You Victory.

