

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.
- + 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.



BENEFITS OF PRAYER



**Prayer
Protects You.**

**Prayer
Draws You
Closer to God.**

**Prayer Gives
You Hope.**

**Prayer
Changes Things.**

**Prayer Makes
You Happy.**



Ehimen Okaka

**Prayer
Heals You
From all Pain.**

**Prayer
Makes
You Less-Selfish.**

**Prayer Makes You
Spiritually Strong.**

**Prayer
Keeps You in
the Will of God.**

**Prayer Gives
You Victory.**

