

# Jesus, One with God in Prayer





# The Power of Prayer



- What is a prayer?
- Prayer is ongoing communication with God.
  - We communicate in all sorts of ways with our friends- phone calls, emails, texts, Instagram, Snapchat etc.
- Prayers don't control God or manipulate Him into granting our wishes.
- Prayers are answered in different ways:



# How to pray

- As Christians, we are called to pray as Jesus prayed:
  - alone
  - with others
  - with words
  - in silence





# The Prayer of Jesus

- Prayer is so we can connect with God and build a relationship with Him.
- God knows what we need without us asking for it.
- But God invites us to be close to Him- we can become closer to God through prayer.



# EXIT SLIP

- I can better my prayer life by....



# The Gift of Prayer

- Prayer is a gift God gives us- to connect with Him.
- We are called to pray as individuals and as a community.
  - some examples:
    - Liturgy of the Hours
    - Mass!



# Expressions of Prayer

- Vocal Prayer- speaking aloud or silently in our heart.
- Can include traditional prayers:
  - Lord's Prayer, Hail Mary, Act of Contrition etc.
- Or can be personal, spontaneous prayer
  - One we make up- we simply speak to God and say what's on our hearts.



# Expressions of Prayer Cont.

- Meditation- a prayer in which we are silent and concentrate on listening to God through our feelings, imagination, and thoughts.
- Meditation is thinking about God's presence in our lives and choosing what He wants us to do.
- Contemplation- a form of wordless prayer. It is simply being in God's presence.



# Adoration

- **Eucharistic Adoration-** when the Blessed Sacrament is exposed and adored.
  - adoring and honoring the Eucharistic Presence of Christ.
  - During Eucharistic Adoration we “watch and wait” we remain “silent” in His Presence and open ourselves to His Graces which flow from the Eucharist.



*-Monstrance* -a sacred vessel in which the consecrated Host is exposed for the adoration of the faithful



# Prayer in Action

- Prayer requires commitment and trust:
  - It's a time commitment
  - It requires trust in God.
- When prayer becomes an integral part of our lives, it becomes all that we say and do.
  - our life then becomes a prayer!





# 5 FORMS *of* PRAYER



## **BLESSING AND ADORATION**

We acknowledge our dependence on God



## **PETITION**

We ask God for physical and spiritual goods



## **INTERCESSION**

We make requests on behalf of other people



## **THANKSGIVING**

We thank God for everything he does for us



## **PRAISE**

We express our love for God



# Fun Fact

- Ever wonder why we say “God bless you” when someone sneezes?
- In the sixth century, when Gregory the Great was Pope, he asked people to pray as a way to combat bubonic plague.
- Because a sneeze could signal the start of the disease, the people would say “God bless you,” hoping that the person who sneezed would not get sick.