

Pray As You Go



“ Prayer, above all else, is to renew our desire to be in the presence of the Lord, to listen to Him and to adore Him. ”

POPE FRANCIS

[Press Conference to present the Year of Prayer in preparation for the 2025 Jubilee and the series “Notes on Prayer” \(vatican.va\)](#)

Prayer as Relationship

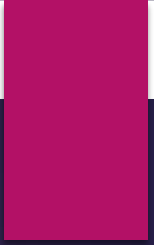
When we seek a relationship with someone, we must spend quality time with them. The same it is with God. We must find time to build a relationship with Him.

What does prayer 'as a relationship with God' mean to you?



The Motive for Prayer

1. TO GIVE PRAISE AND THANKS
2. TO RECEIVE FAITH, COURAGE, INSIGHT, MERCY AND SO ON









**Pick a prayer card,
gather with 2-3 people
and discuss your ideas of
the definitions you have.**

YOU HAVE 10 MINS TO DISCUSS THEN WILL BE CALLED BACK TO THE GROUP

Forms of 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

INFORMATION FROM FACEFORWARDCOLUMBUS.COM 



What prayer is
not....



PRAY, IN THIS WAY

**Our Father, Who
Art In Heaven,
Hallowed Be
Your Name...**

Matthew 6:9

knowing-jesus.com

JESUS TELLS US TO PRAY IN THIS WAY....
OUR FATHER, WHO ART IN HEAVEN,
HALLOWED BE YOUR NAME.

Reflection on the beginning of the 'Our Father' prayer

Our Father

Abba

We must become like children

We are called into an intimate relationship with God

God is the origin of everything and has loving care for all His children (p. 16)

Who art in heaven

We are called to holiness like our Father in heaven

Heaven is the perfect life with the Most Holy Trinity (p.18)

St. Teresa of Avila states: "heaven is where God dwells" – the little heaven of our souls. (p.18)

Holy is Your name

God's own holiness desires to be united with our holiness (p. 31)

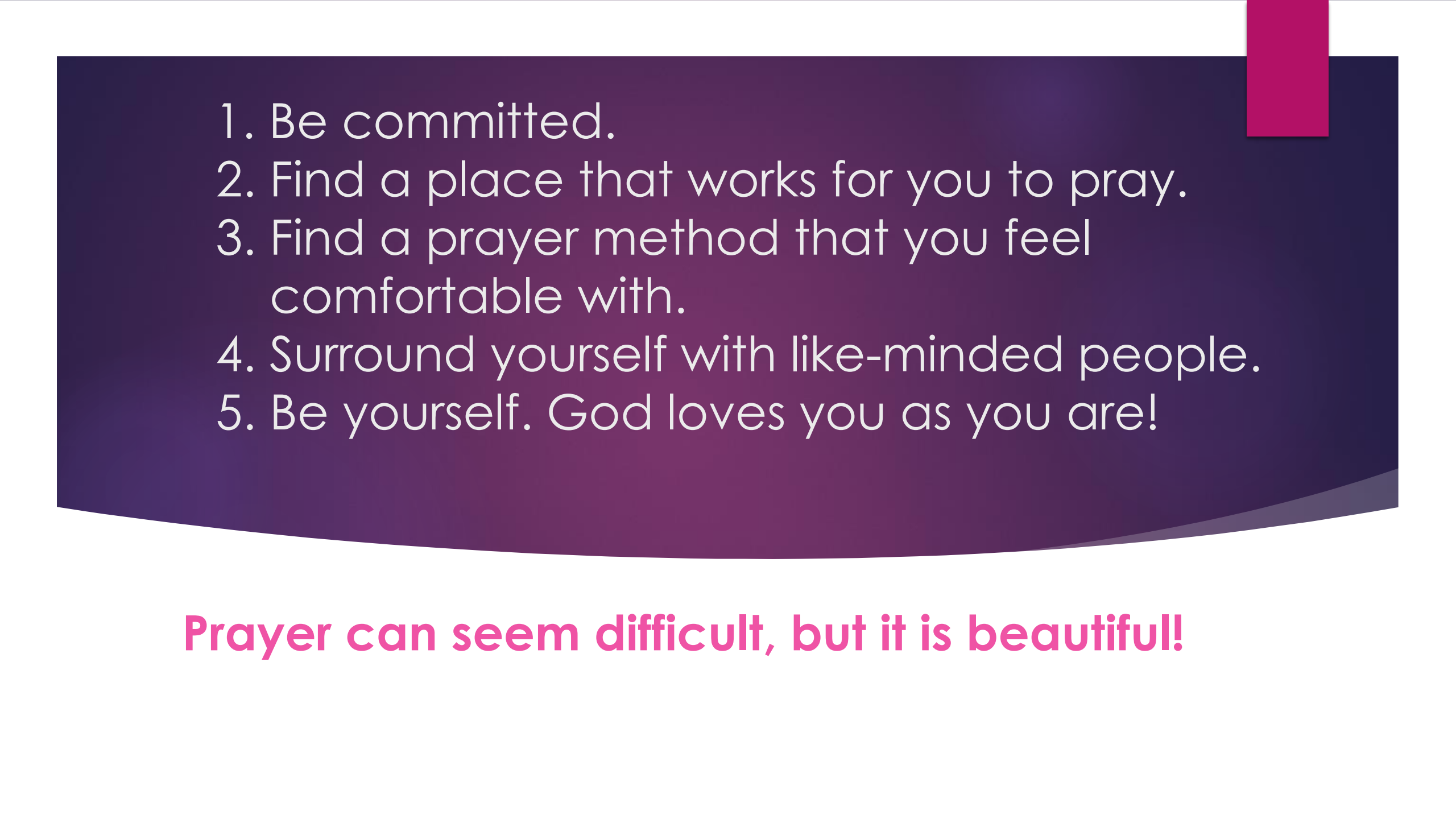
St. Paul states the "Christ Hymn" in Phil 2:9-11 where every knee shall bend at the name of Jesus.

Questions to ponder

What is the role of prayer in your spiritual life?

Have you ever felt 'stuck' in your prayer?

When were the prayer times that you felt closest to God?

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1. Be committed.
 2. Find a place that works for you to pray.
 3. Find a prayer method that you feel comfortable with.
 4. Surround yourself with like-minded people.
 5. Be yourself. God loves you as you are!

Prayer can seem difficult, but it is beautiful!



Creator God,
we praise your holy name and rejoice in your
great love for us.

Grant that our words, thoughts, and actions
are disciplined so that we may glorify your
holy name with our entire being.

We ask this through Christ our Lord. Amen.





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ANY QUESTIONS FEEL FREE TO CONTACT ME: GORDIE VAN PUTTEN

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