

An Evening of Reflection on Prayer

Why do we pray?

Prayer is a simple lifting up of the
mind and heart to God.

The Types of Prayer

- Blessing and Adoration
- Petition
- Intercession
- Thanksgiving
- Praise

Expressions of Prayer

- Vocal Prayer
- Meditation
- Contemplation

What Keeps Us from Praying?

- Erroneous conceptions of prayer
- Distractions
- Dryness
- Lack of faith or trust
- Laziness

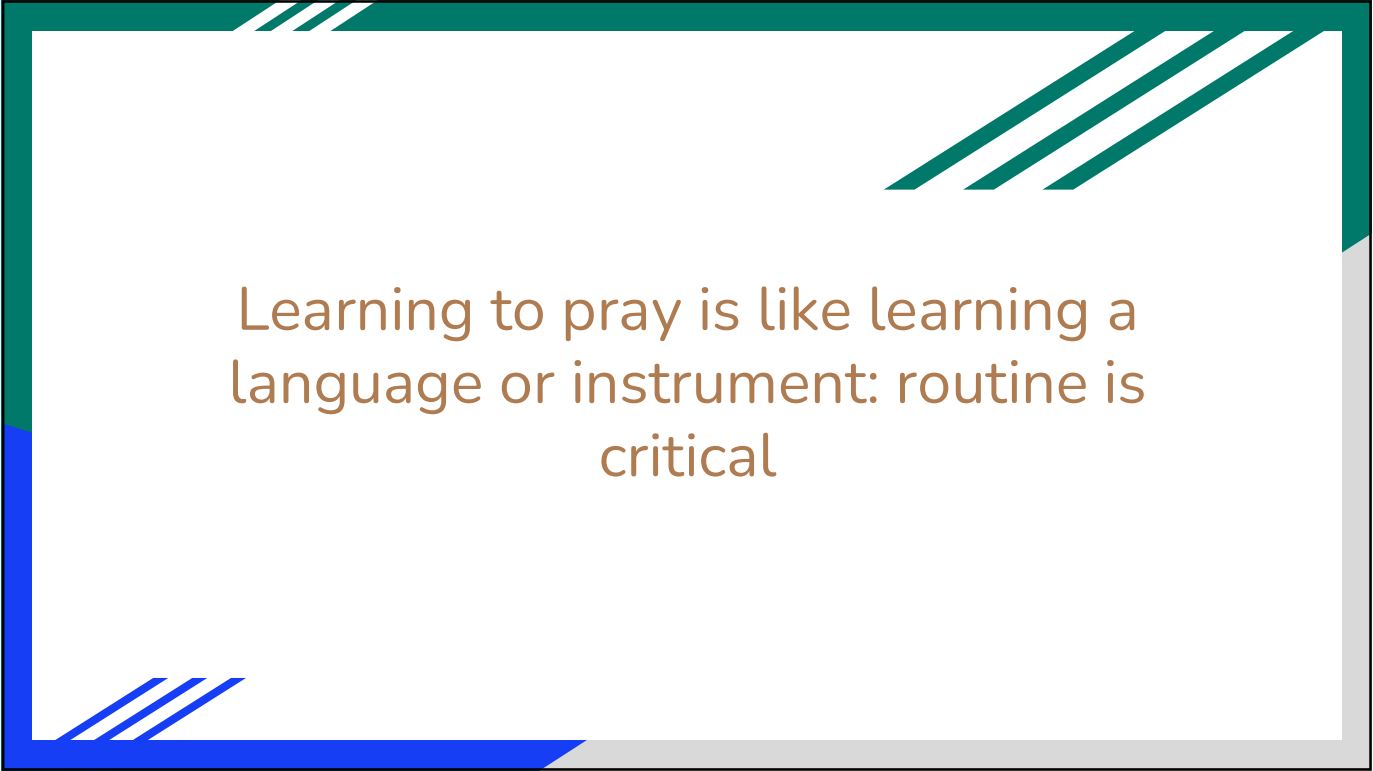


The Our Father

Christ's disciples asked Him how they should pray.



The Liturgy of the Hours



Learning to pray is like learning a language or instrument: routine is critical



Just do it.



Describe, Thank, Ask