

### **Some thoughts on Prayer**

In Matthew's Gospel, 18:19-20, we hear Jesus say:

*'In truth I tell you once again, if two of you on earth agree to ask anything at all, it will be granted to you by my Fathers in heaven. For where two or three gather in my name, I am there with them'.*

However, prayer is not simply asking God for favours, it is an honest acceptance of who God is and willingness to discover what God is calling us to be.

### **St Mary of the Cross MacKillop tells us**

Pray ... with great and humble faith. (02.06.1898)

Prayer brings faith, faith creates love, and love results in service on behalf of the poor.

### **Pope Francis tells us**

The key that opens the door to faith is prayer. But it is one thing to pray, and another thing to say prayers. To be friends with God means to pray with simplicity, like a child talks to a parent.

### **A few more pointers**

- Prayer brings us closer to God. To get to know God we need to listen to Him.
- There are many different forms of prayer, but all the different kinds of prayer are only different paths on our journey to being with God.
- Prayer helps us to get to know God and to grow closer to Him.
- Growing closer to God, like growing closer to anyone else, requires that we get to know God the way God really is, not the way we try to make Him to be.
- Prayer is a gift from God, and we cannot pray unless God opens our minds and moves our hearts.
- We need to listen to what God is REALLY saying to us. Listening attentively to God is something we need to work on. God is gentle so he doesn't force His will on us. We need to "practice" listening to God.
- God speaks to us through the Scripture, the Church, the Sacraments, through other people and through things that we go through in life (art, politics, school, sport). What we have to do is to make ourselves available to listen to God.
- We also need to talk to Him to tell Him about ourselves and how we feel, to thank Him for all that he has done for us and to ask Him to help us to live good lives.
- When you talk to God in prayer offer up yourself; your strengths, your weaknesses, your happiness, your sadness, your fears.