

PRAYER – a relationship with God

SESSION 2 - DECEMBER 7, 2023



Who is God to you?

- What image of God did you grow up with?
- How did that affect your image of God today?
- What is your image of God today?
- How would you describe God to someone who has never heard of Him?

Prayer is a call from God and a response from us.

- Abraham: Genesis 18:1, Jacob: Genesis, chapters 25–50, Moses: Exodus 3
- Woman at the well: John 4:5-30, On the cross: John 19:28

Knowing God as Father

is the key to Christian Prayer. Ralph Martin.

- Luke 15:20, Psalm 103:13, Luke 12:32, Psalm 103:8



Jesus' prayer
to His Father
Our Father

Pray constantly

- **The Jesus Prayer:** Jesus, Son of God, have mercy on me, a sinner.
- **Christ before me,** Christ behind me, Christ above me, Christ beneath me, Christ beside me, Christ within me
- **Maintaining consciousness of God's presence** – taking time to smell the flowers, to appreciate the snowfall, to enjoy the sun or the moon or the stars or the river or a beautiful face....
- **Breathe in the Holy Spirit** – breathe out my ego, my resentments, my cares, my hang-ups, my hang-ups, my unforgiveness, my fatigue, my battles
- **Using a mantra:** Empty me and fill me with your love – what do you need to be emptied of right now? Who do you need to love more?
- **Praying Divine Office or the Psalms** – keeping in mind that you are part of the Body of Christ and that a long dead saint may have prayed you into your present relationship with God and that you may be praying on behalf of someone continent away – past or present – who is in need of your particular prayer.

QUESTIONS



Am I satisfied with my daily prayer routine (if I have one)?

Do I use my daily prayers to keep God at a distance, instead of as a tool to access my heart?

Am I afraid to go deeper, afraid of what God may ask of me?