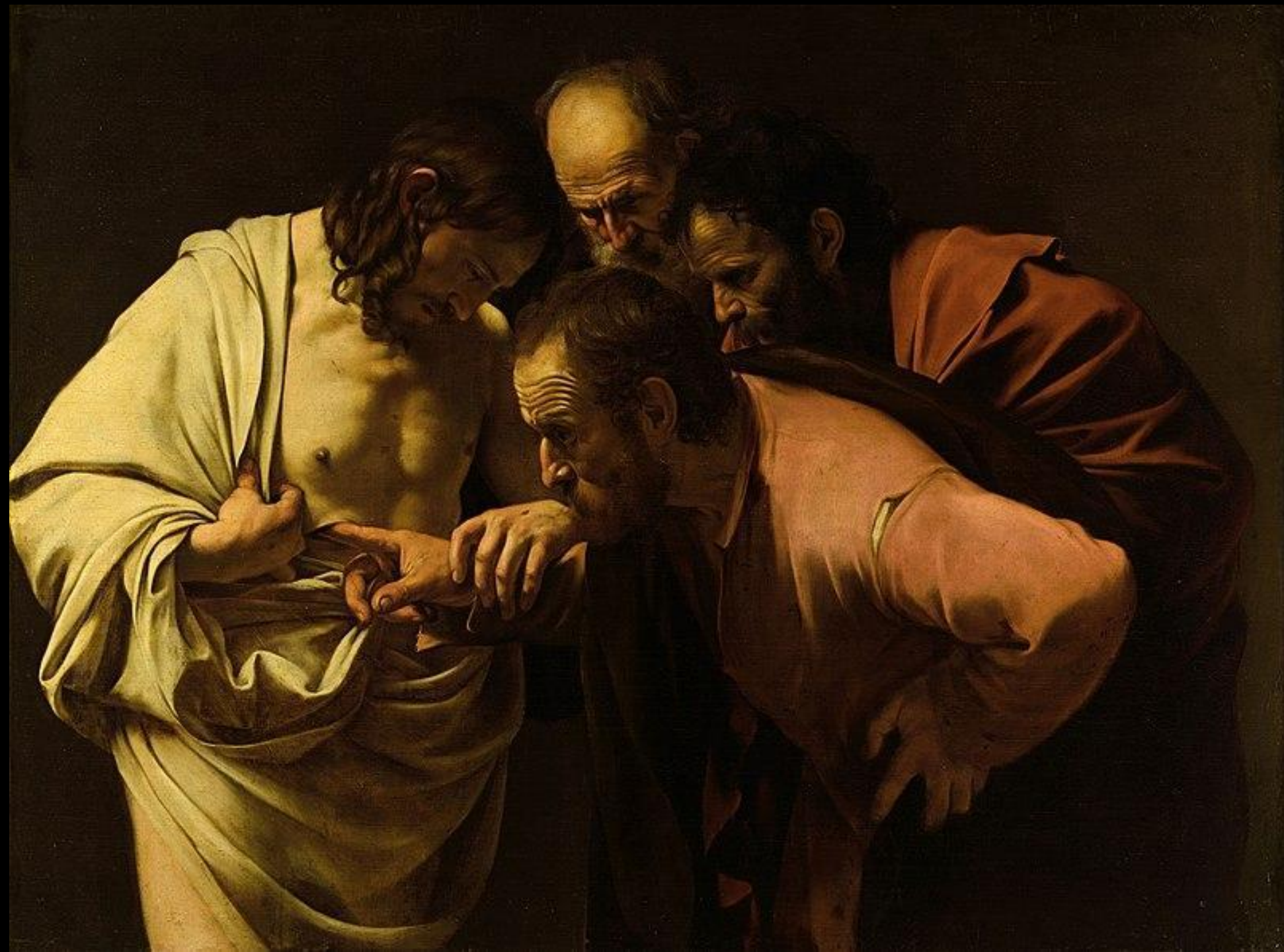
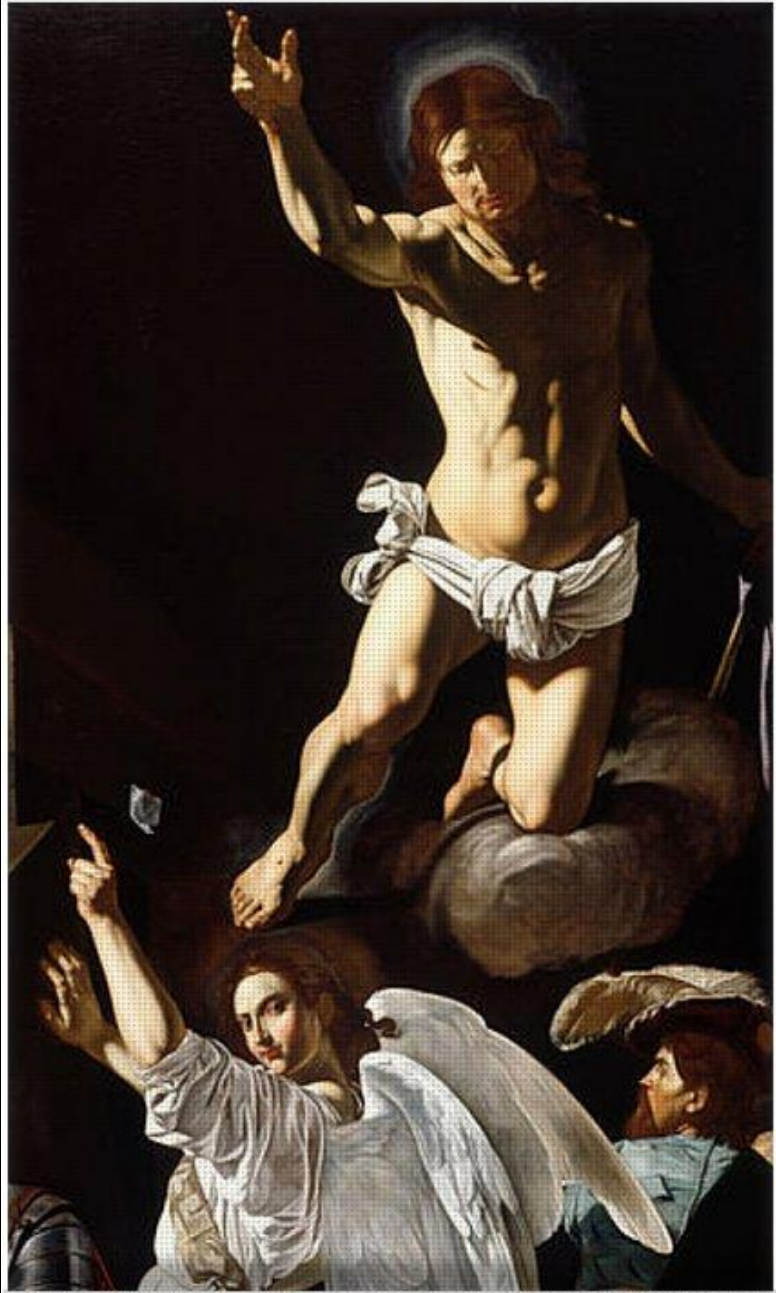


Why and how
do I pray?





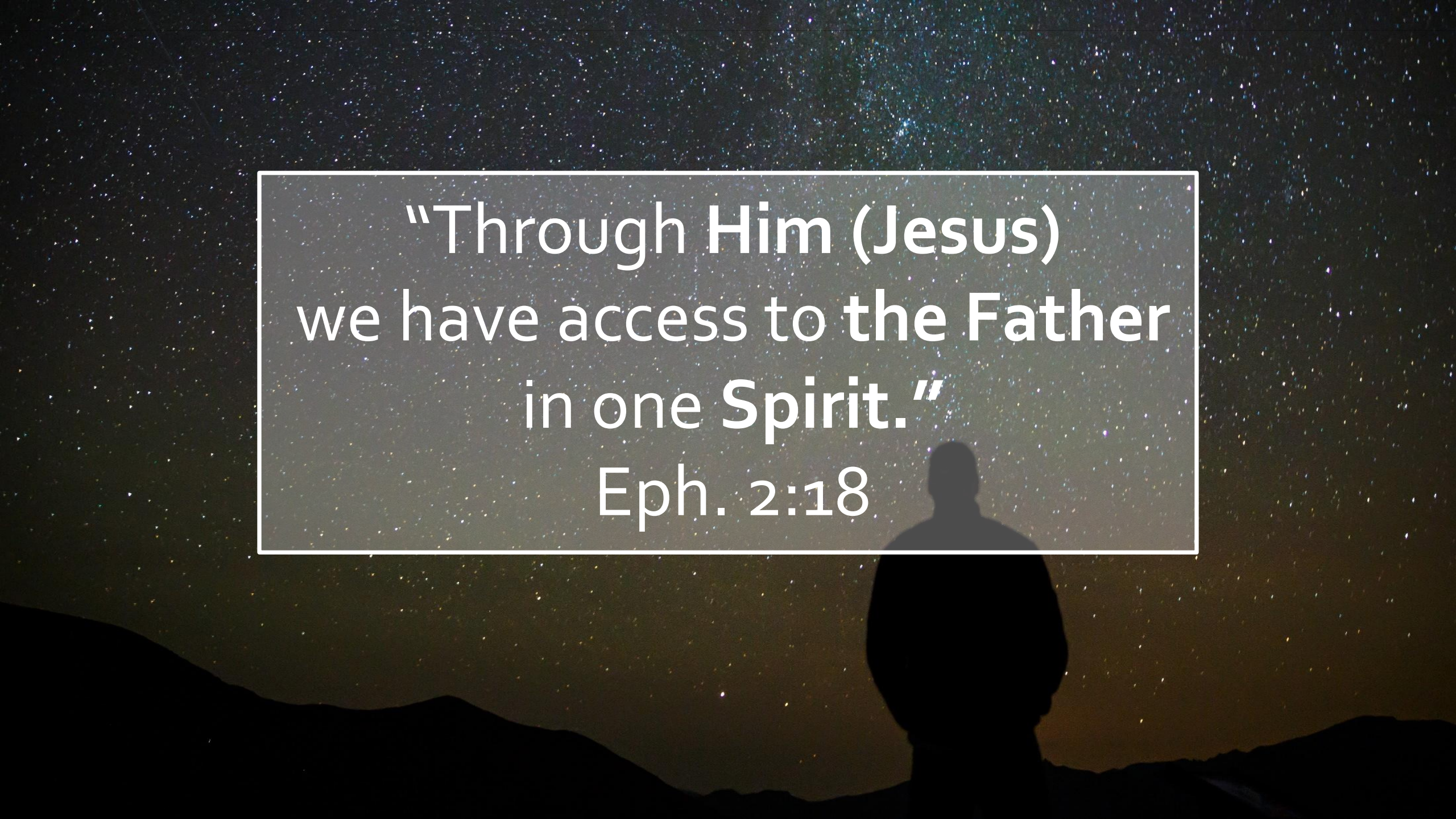




**C
H
U
R
C
H**

**Prayer
Scripture
Sacraments
Community**



A silhouette of a person stands in the foreground, looking up at a vast, starry night sky. The stars are scattered across the dark expanse, with a denser cluster of stars visible in the upper right. The person's shadow is cast on the ground, which appears to be a dark, uneven surface. The overall scene is serene and contemplative.

“Through Him (Jesus)
we have access to the Father
in one Spirit.”

Eph. 2:18



To the **Father**

• God is **transcendent,**
• the **Creator of the universe**



“He also made the stars”

~Gen. 1:16

To the **Father**

God is **immanent**, always present

Jesus told us to call Him
"Our Father," Abba, Dad

Through the **Son**

Jesus gives us **access to His Father**

Jesus **removes the barrier** of our sins

Jesus **stands with us and intercedes**
for us



In One **Spirit**

The Holy Spirit
prays in us

The Holy Spirit
teaches us how to pray

The Holy Spirit
guides our prayers



Why **Should We Pray?**

Because it's a **RELATIONSHIP**

Because it's a **WE NEED IT**

To follow Christ's **EXAMPLE**

For the **REWARDS**

Rewards of Prayer

The background of the image shows the silhouettes of a man and a woman in prayer. The woman is on the left, leaning forward with her hands clasped in prayer. The man is on the right, also in a prayerful posture. The background is a soft, warm glow from a sunset or sunrise, with horizontal lines suggesting a horizon over water.

Experience
the
love of God

Rewards of Prayer



Gain a *new perspective*
on our life

Rewards of Prayer



Open ourselves
to God's guidance

Rewards of Prayer

Satisfy our longing
for relationship with God

Rewards of Prayer

RESULTS

obtain
RESULTS!

“Can we believe that God ever really modifies His action in response to the suggestions of men? For Infinite Wisdom does not need telling what is best, and infinite goodness needs no urging to do it. But neither does God need *any* of those things that are done by finite agents, whether living or inanimate.


He could, if He chose, repair our bodies miraculously without food; or give us food without the aid of farmers, bakers, and butchers, or knowledge without the aid of learned men; or convert the heathen without missionaries. Instead, He allows soils and weather and animals and the muscles, minds, and wills of men to cooperate in the execution of His will...

It is not really stranger, nor less strange, that my prayers should affect the course of events than that my other actions should do so. They have not advised or changed God's mind -- that is, His overall purpose. But that purpose will be realized in different ways according to the actions, including the prayers, of His creatures."

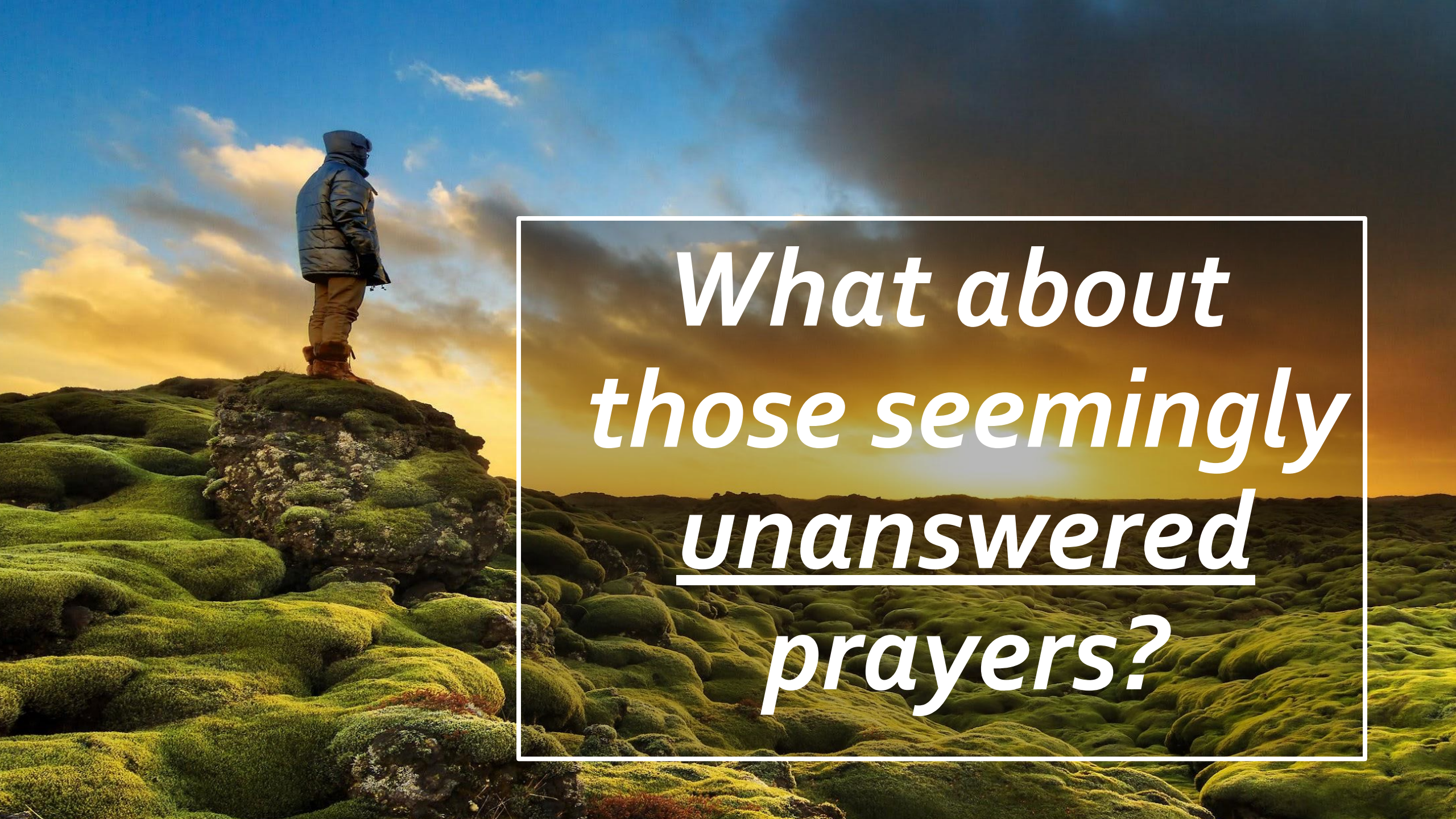
-CS LEWIS

God
ALWAYS
answers
prayer!



A photograph of a city street with a 'ROAD CLOSED' sign and a text overlay. The sign is white with black text and a black border. The text 'ROAD' is on the top line and 'CLOSED' is on the bottom line. The sign is mounted on a metal post. In the background, there are palm trees, buildings, and a car. A large orange sign is visible on the left side of the road. A white and orange striped barrier is in the foreground.

Possible Barriers
for Prayer



*What about
those seemingly
unanswered
prayers?*

HOW TO PRAY

1) *Forgive me*

2) *Please*

3) *Thank you*

Questions for Discussion

- 1) What stood out from this talk? Why?
- 2) How would you describe your own prayer? (for example, how often you pray, what you speak with God about, what you expect from prayer, etc.)
- 3) Have you ever experienced God saying “yes” to a prayer? What can you share about that experience?
- 4) Have you ever experienced God saying “no” to a prayer? What came about in your own life as a result of that “no”?
- 5) Of the four reasons given for why we pray, which one is most relevant to your own life right now? Why?
- 6) Which of the rewards of prayer have you experienced? Which of those rewards would you most like to experience in your life right now? Why?