

How Do I Pray?

Mary sat beside the Lord at his feet listening to him speak. "There is need of only one thing.

Mary has chosen the better part and it will not be taken from her." (Luke 10:39,42)

There is need of only one thing. We seek to live and listen in the Presence of Jesus.

Be still and know that I am God (Psalm 46:11)

The primary way we pray is spending silent time in the presence of God listening to Him speak to us.

"Pray without ceasing." (1 Thessalonians 5:17)

"Behold, I am with you always, until the end of the age." (Matthew 28:20)

Our daily prayer is most simply living in the presence of Jesus in all we do

Each day we offer each thing we do back to God because of our love for Him.

We meditate on the Lord's presence, meditate on His Word.

We pray with the guidance and help, in the power of the Holy Spirit.

We pray the Rosary and reflect on Jesus and Mary's journey in faith.

We pray the Life Rosary which takes us through God's way for fulfilling His will in our life

We pray continually as the Lord guides us, in our heart and with our voices.

We offer our life as a prayer to God,

Our communication with God becomes our daily communion with God.

We trust Jesus in our prayer to provide all we need and through His Spirit to pray as we ought to

The Eucharist is the source and summit of our Christian life (Catechism), because **Jesus is the source and summit** of our Christian life. Our prayer is always seeking and finding Jesus, the bread of life to feed us.

Give us this day our daily bread. (Matthew 6:11)

I am the bread of life whoever comes to me will never hunger, whoever believes in me will never thirst.

(John 6:35)

The bread of life is the love of God without which we cannot live

We feast on God's love in our prayer and in all our daily circumstances. We do not produce this, it is given

Jesus is the source of my prayer. I must unite myself with Christ.

I am the vine you are the branches **without me you can do nothing.** (John 15:5)

I can do all things through Christ who strengthens me. (Philippians 4:13)

The Holy Spirit also helps us when we do not know how to pray. We ask the Spirit to teach us how to pray.

The Spirit too comes to the aid of our weakness; for we do not know how to pray

as we ought, but **the Spirit** itself **intercedes** with inexpressible groanings. (Romans 8:26)

Our prayer becomes Christ's prayer.

In prayer we seek to unite ourselves completely with our loving Lord Jesus.

No longer I, but Christ lives in me... I live by faith in the Son of God

who has loved me and given himself up for me. (Galatians 2:20)