



## **Prayer in the Christian Life**

The Catechism of the Catholic Church (CCC 2558) says “Great is the mystery of the faith!” The Church professes this mystery in the Apostles’ Creed and celebrates it in the sacramental liturgy so that the life of the faithful may be conformed to Christ in the Holy Spirit to the Glory of God the Father. This mystery, then, requires that the faithful believe in it, that they celebrate it, and that

they live from it in a vital and personal relationship with the living and true God. This relationship is prayer.

What is prayer?

St. Therese of Lisieux says: for me prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.

“Prayer is the raising of one’s mind and heart to God or the requesting of good things from God” St. John Damascene.

“Christian Tradition has retained three major expressions of prayer: vocal, meditative, and contemplative” CCC 2699

Prayer has many forms and styles; it is communicating with God alone or in a group! Try praying with scripture, with nature, in church, by giving thanks in prayer, on a pilgrimage, in silence, in song, in writing, with the news for others in the world.

