

Episode 3: Reflection Questions

In prayer, invite the Holy Spirit to guide your reflection.

• Slowly read the list below, allowing your view of prayer to be expanded. Spend time reflecting on the ones that stir your heart or resonate with you. Prayer is.... (found in CCC 2558 – 2758)

- A vital and personal relationship with the living and true God
- A surge of the heart
- A simple look turned toward heaven
- A cry of recognition and of love, embracing both trial and joy
- The raising of one's mind and heart to God
- The requesting of good things from God
- The encounter of God's thirst with ours
- A response to the plea of the living God
- The response of faith to the free promise of salvation
- A response of love to the thirst of the only Son of God
- A covenant relationship between God and man in Christ
- The action of God and of man
- The living relationship of the children of God with their Father who is good beyond measure, with his Son Jesus Christ and with the Holy Spirit.
- Communion with Christ and it extends throughout the Church
- Both a gift of grace and a determined response on our part
- A battle. (against ourselves and against the wiles of the tempter who does all he can to turn man away from prayer, away from the union of God)
- Cooperation with his providence, his plan of love for men.
- A vital necessity. (if we do not allow the Spirit to lead us, we fall back into sin.)

Read the following paragraph from the Catechism: "Prayer is both a gift of grace and a determined response on our part. It always presupposes effort. The great figures of prayer of the Old Covenant before Christ, as well as the Mother of God, the saints, and he himself, all teach us this: prayer is a battle. Against whom? Against ourselves and against the wiles of the

tempter who does all he can to turn man away from prayer, away from union with God. We pray as we live, because we live as we pray. If we do not want to act habitually according to the Spirit of Christ, neither can we pray habitually in his name. The "spiritual battle" of the Christian's new life is inseparable from the battle of prayer". (CCC 2725)

- What are your biggest battles when it comes to personal prayer?
- What are your biggest battles when it comes to family prayer?
- Come up with a battle plan to grow in both.
- What does it mean when it says, "we pray as we live, because we live as we pray?"