



# STREAMS OF LIFE

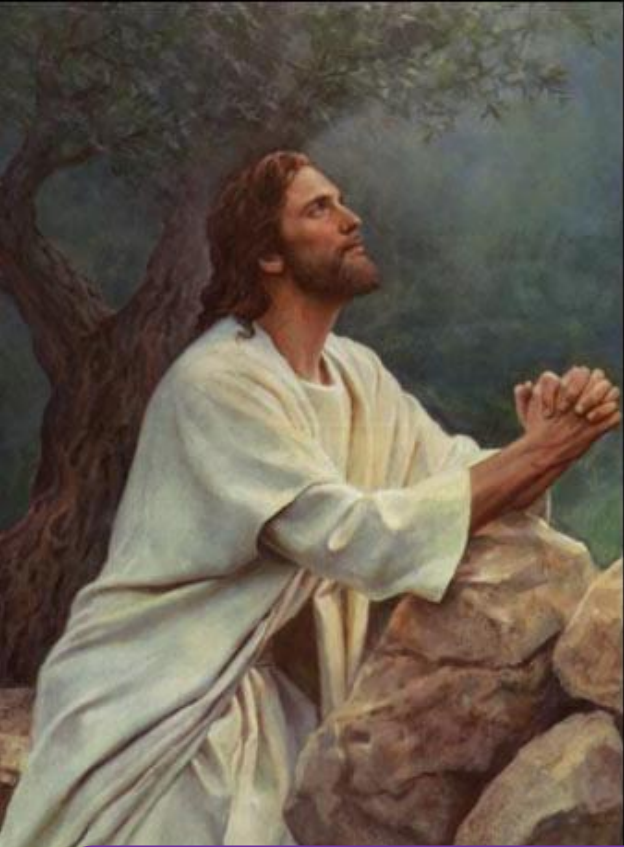
CATECHETICAL TEXTBOOK SERIES OF THE SYRO - MALABAR CHURCH



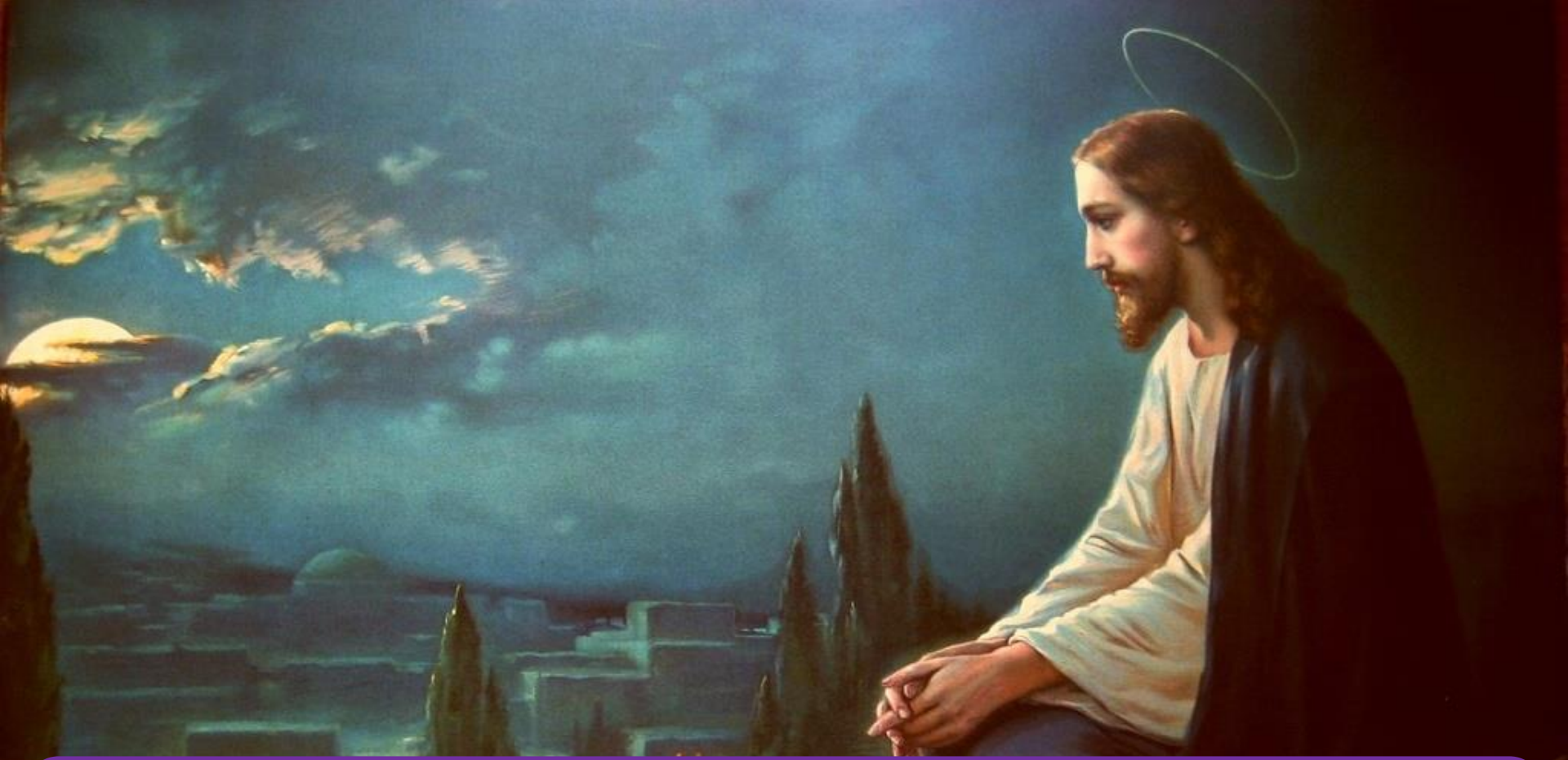
## Lesson 15

# Prayer: Conversation With God





Once, Jesus was praying alone. When His prayer was over, His disciples approached Him and said: Lord, teach us to pray as John taught his disciples to pray. Jesus listened to their request and taught them to pray. The prayer that Jesus taught is 'Our Father'. It is known as The 'Lord's Prayer'.

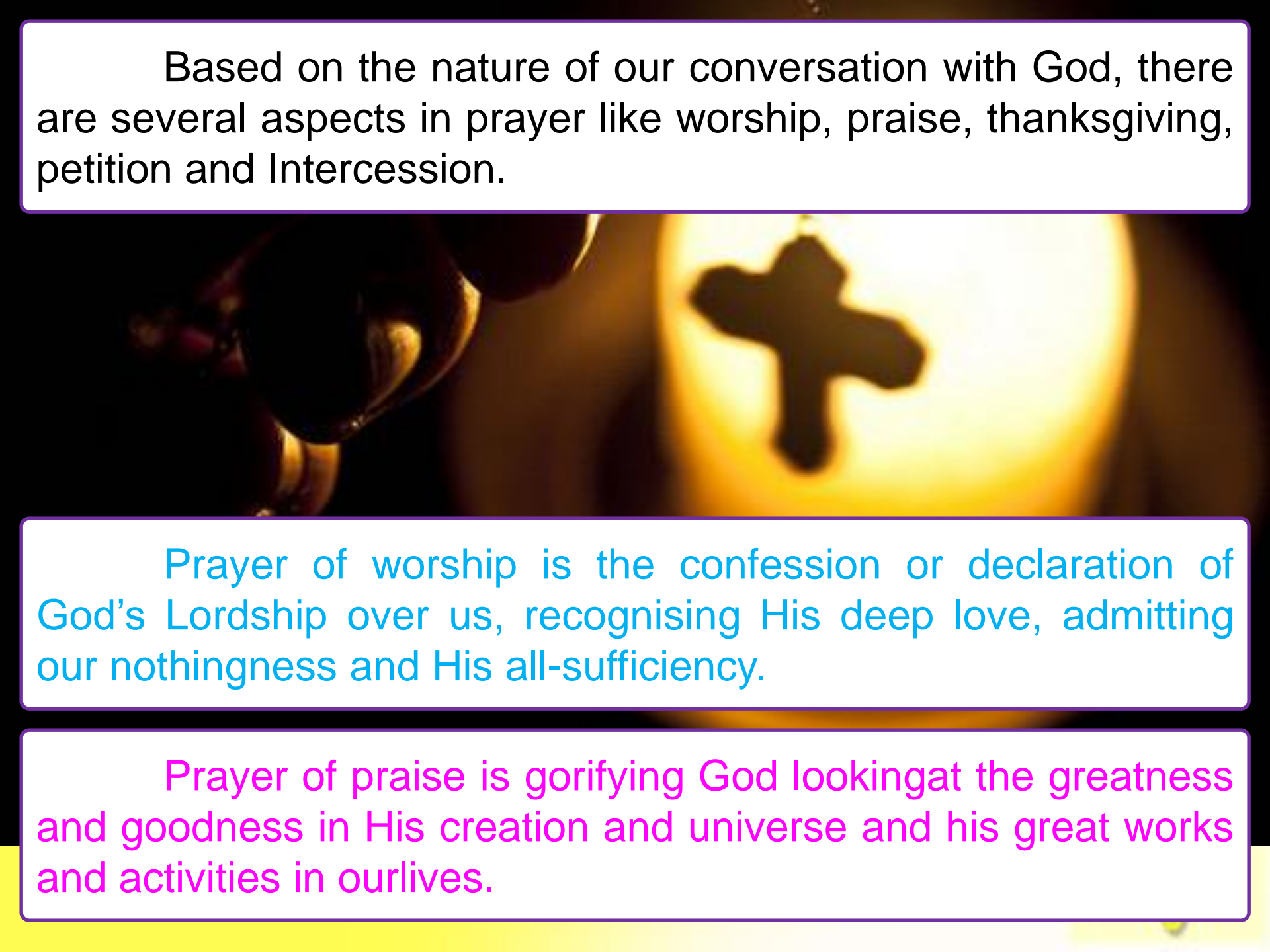


Jesus taught us how to pray and what to pray for (Mathew 6:5-15). **Prayer is loving conversation with God.** In prayer, Jesus used to talk to His father. When He prayed in the synagogues, in the desert, on mountain tops and in Gethsemanee, He was conversing with His Father.

In our prayer, we also should converse with God. We praise and adore God remembering His greatness and glory. We thank Him when we receive graces. We have to ask pardon of Him when we commit mistakes. We approach Him in our need.



Based on the nature of our conversation with God, there are several aspects in prayer like worship, praise, thanksgiving, petition and Intercession.



Prayer of worship is the confession or declaration of God's Lordship over us, recognising His deep love, admitting our nothingness and His all-sufficiency.

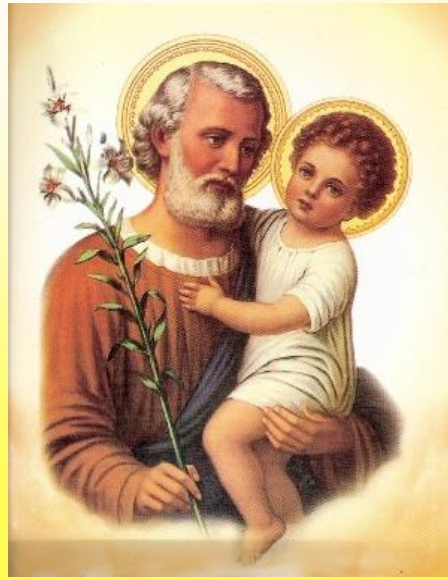
Prayer of praise is glorifying God looking at the greatness and goodness in His creation and universe and his great works and activities in our lives.

Prayer of thanksgiving is prayer of gratitude remembering all the graces and blessing we have received from Him, blessings received by each one of us, our families and our communities.



Prayer of petition is the prayer that asks for the forgiveness of our sins and for the blessings necessary for our lives.

Prayer of intercession is prayer which a person or a community offers before God for another person or community.



Very often we seek the intercession of saints. Daily we seek the intercession of Bl. Virgin Mary, St. Joseph, St. Thomas the apostle etc.... Similarly we too pray for others, especially our parents, brothers, sisters and friends. These are all intercessory Prayers.

Beside this, division, we can divide prayer into two types- personal prayer and community prayer.





## Community Prayer

When more than one person pray together, it is called community prayer. In community prayers the Holy Mass and prayers of the hours occupy a very important place. Holy Mass is the most sublime prayer, containing all the elements of prayer. Family prayers in the morning and evening in our own homes and prayers in Family Unity are also community prayers. In community prayer, as a pardon and offer petitions to him.



## Personal Prayer

Personal prayer is the prayer that a single individual offers to God, All alone. We can pray alone, early in the morning, when we get up and before we go to bed, We can have personal prayer also in times of joy and sorrow, in our difficulties and struggles, sufferings and needs.



# Fruits of Prayer

We get divine power and blessing in prayer. Jesus spoke of the fruits of prayer: **Ask and you shall receive, seek and you shall find, knock and it shall be opened** (Luke 11:10) Jesus also said again: How much more will he give his Holy Spirit to those ask my Father (Luke 11:13).

The grace that we obtain in prayer strengthens us to overcome temptations and to do good. Hence Jesus said to his disciples “ Pray vigilantly so that you may not fall into temptations”. We need a lot of strength to lead a true Christian life. Let us strive to empower ourselves with prayer and thus lead a life pleasing Jesus.



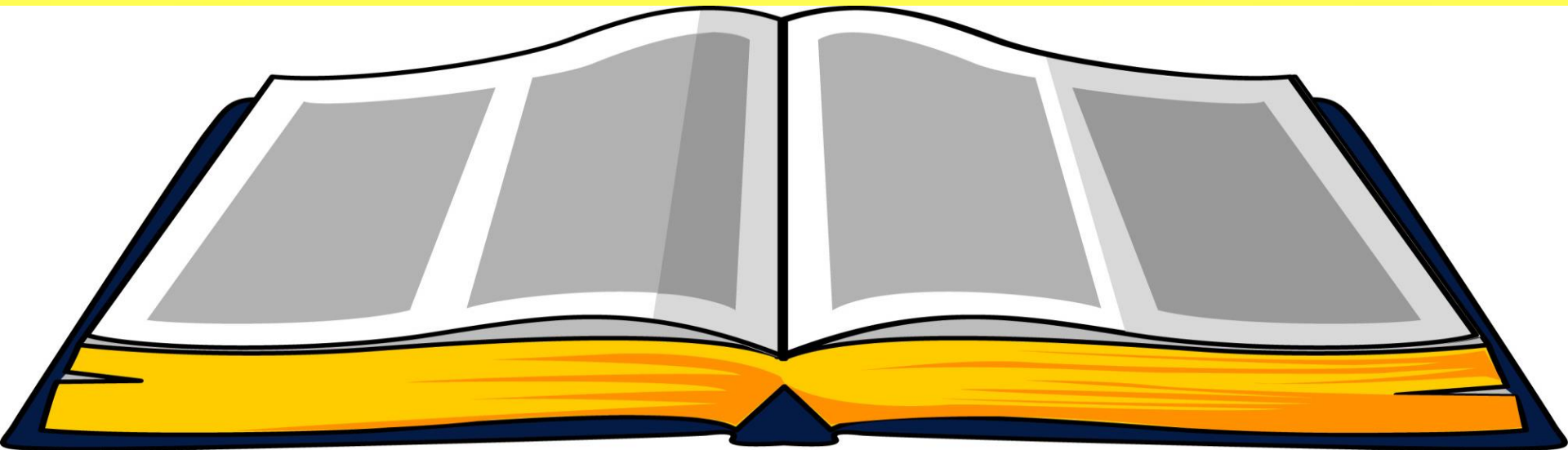
Let us pray


O Jesus you who taught the disciples to pray,  
Each us also to pray in all circumstances of life.

## A Word of God to remember

“ Ask and you shall receive, seek and you shall find, knock and it shall be opened”

(Luke 11:10).





Let us read the  
Word of God with devotion

(Luke 11: 1-13)



## My decision

Daily, I will pray personally to God when I get up in the morning and before I go to bed.



# Activity

Write a short prayer before you begin your study.





# Let us find out the answers

1. What is prayer?
2. What are the aspects of prayer?
3. What are the fruits of prayer?
4. How does the grace from prayer help us in our Christian life?



**Thank you**