

• Aspects of Prayer

- And whatever you ask in prayer, you will receive, if you have faith. (Mt. 21:22)
- The Lord's Prayer, more commonly referred to as "The Our Father," is a masterpiece of the Gospel and is at the heart of Jesus's teaching.
- In it the Lord brings together the essential aspects of prayer that are found throughout the Scriptures.
- It is the most revered prayer among Catholics and is recited every time the Church gathers to celebrate the Mass.
- It is the Spirit that has been sent into our hearts who teaches us to recognize God as Father and helps us to pray. (Gal. 4:6).
- Scripture reminds us that in this life we are involved in a spiritual battle not only with coping with human weakness but also with the devil, who does all he can to distract us from God and keep us from prayer. Jesus said to his disciples, "Watch and pray that you may not

enter into temptation; the spirit indeed is willing, but the flesh is weak" (Mt. 26:41).

- Many of us have complained that, with our jobs and families, we "don't have time" for prayer. Solving this problem is more about making time than finding it. If we're too busy to pray then we are too busy.
- Prayer has to become a priority in our lives because too much is at stake in prayer. St. Paul exclaims, "Rejoice always, pray constantly, give thanks in all circumstances; for this is the will of God in Christ Jesus for you" (1 Thess. 5:17)
- Prayer at all times also means that we set aside specific times for prayer. Prayer upon awakening and just before sleep, and prayer before meals, should be part of the daily rhythm of prayer. Many people go to Mass daily. The Liturgy of the Hours which is said mostly by priests and Religious is an extended form of daily prayer. Prayer at Sunday Mass helps keep the entire day and week holy. CCC 451, 2650, 2652, 2664-2668, 2697-2698, 2725-2745, 2761-2762, 2770, 2780