

The Meaning, Purpose, and Importance of Prayer

1. “If God is necessary, prayer is necessary, for prayer is our spiritual lifeline to God” (pg. 6). **Are there areas of your life where you act as if you are on your own without the support of God – i.e. act without prayer? How has that affected your actions and attitudes? How can prayer help turn you toward God and increase your trust in Him as your Father and Creator who has your best interests in mind?**

2. “...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.” (pg. 6).
Our society twists the way that many men view and relate to women by encouraging objectification, normalizing pornography, and setting false criteria for masculinity. **Have you considered using prayer to help you avoid these temptations? Have you considered using prayer to intercede on behalf of those who might propagate this attitude? How can this be done?**

3. The first prerequisite for prayer is humility. We should pray because God wants it (pg. 8). The other prerequisites for prayer are love and faith (hope). **What are some moments in your life when it was difficult to humble yourself enough for prayer? Do pride and lack of faith (pgs. 25, 26) present obstacles to your prayer life?**

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4. The 5 purposes of prayer can be remembered with the acronym A TRIP (Adoration, Thanksgiving, Repentance, Intercession, Petition). **After reading the sections on Intercession (pg. 14) and Petition (pg. 16), do you feel you are able to answer the charge, from a Protestant, that Catholics are worshiping saints (or statues)? What would you say?**

5. When to pray – at important times, at all times at special times and now (pg. 16). If every Christian spent even ten minutes each day – not even fifteen, just ten – “doing” nothing but being open to God, in mind and will, letting God love him, then the world would be changed. If one person started doing it every day for the rest of his life, his life would be changed (pg. 24). **Do you make a special time for prayer? How does the frequency of your special time for prayer compare to the time you make for other activities such as watching sports, exercise, social media, gaming or watching movies, etc.?**

6. Today we live in a post-Christian society which, although formed by Christianity, now rejects and discards the essentials of Christian faith. The idea of public prayer or being seen praying in public can make many Catholics uneasy because we’ve absorbed our society’s understanding that faith should be kept private and not shared. **Has this been your experience? Are you comfortable being seen praying in your home, your community, your workplace, in public (surrounded by people of unknown faith such as at a restaurant)?**