

# FAITH CHAT

with James & John

## How Should I Approach God In Prayer?

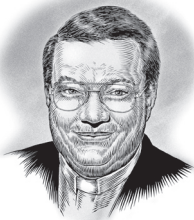
### Know This...

Prayer is our lifeline to God. If we want to know, serve, and love God, we must develop a deep, abiding relationship with the Father through His Son. Prayer is exhausting work. It's a never-ending battle. Yet, prayer can be the most rewarding labor of our lives. In the Gospels, Jesus not only tells us how to pray, He shows us. If we spend the rest of our lives praying to God and contemplating His love for us, we will better fulfill God's plans for our lives.



**John:** Humility is the foundation of all prayer. Once we recognize and acknowledge that we are incapable of knowing all we truly need, we can humbly turn to God in prayer.

**James:** If you find yourself praying to win the lottery or for your favorite team to win the championship, pray instead for the self-control to deal with not winning.



**John:** If you find yourself praying for a friend, co-worker, or family member to find Christ, pray also for the courage to share your faith with them.

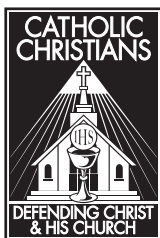
**James:** If you find yourself praying for an end to lingering memories of confessed mortal sins, pray instead for the wisdom to accept that our sins are forgiven when we repent.

**John:** If you find yourself praying for physical healing, pray also for the strength to accept the possibility that God may not heal you but instead draw you closer to Himself.

**James:** There is no harm in asking for things we think we need, but we should offer our prayers with a willingness to accept God's will.

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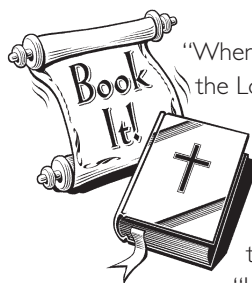


"Therefore I tell you, all that you ask for in prayer; believe that you will receive it and it shall be yours. When you stand to pray, forgive anyone against whom you have a grievance, so that your heavenly Father may in turn forgive you your transgressions." Mk 11:24-25 "Pray always without becoming weary." Lk 18:1 "Love your enemies, and pray for those who persecute you." Mt 5:44 "If you remain in me and my words remain in you, ask for whatever you want and it will be done for you." Jn 15:7 "[Jesus] prayed, saying, 'Father, if you are willing, take this cup away from me; still, not my will but yours be done.'" Lk 22:41-42

"Christian prayer is a covenant relationship between God and man in Christ. It is the action of God and of man, springing forth from both the Holy Spirit and ourselves, wholly directed to the Father, in union with the human will of the Son of God made man." CCC 2564 "Whether or not our prayer is heard depends not on the number of words, but on the fervor of our souls." St. John Chrysostom, 390 A.D.



**BE ATTITUDES** "Persevere in prayer. Persevere, even when your efforts seem sterile. Prayer is always fruitful... The prayer of a Christian is never a monologue." St. Josemaria Escriva "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." St. Therese of Lisieux "He who does not give up prayer cannot possibly continue to offend God habitually. Either he will give up prayer, or he will stop sinning." St. Alphonsus Liguori "Even if you are committing mortal sins, keep on praying, and I guarantee you that you will reach the harbor of salvation." St. Teresa of Avila



"When one prays and another curses, to whose voice will the Lord listen?" Sir 34:24 "We do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words. And he who searches the hearts of men knows what is the mind of the Spirit, because the Spirit intercedes for the holy ones according to the will of God." Rom 8:26-27 "Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." Phil 4:6 "Rejoice always, pray constantly, give thanks in all circumstances; for this is the will of God." 1 Thess 5:16-18

Heavenly Father, Your Son made prayer the focus of His earthly life. Pour out Your Spirit upon me that I may make prayer a fulfilling part of my daily routine. Give me the grace to pray with humility, trust in Your goodness, and the conviction that Your will be done. Grant this through my Lord Jesus Christ. Amen.

