

Prayer

¹⁵ Do not love the world or the things in the world. If any one loves the world, love for the Father is not in him. ¹⁶ For all that is in the world, the lust of the flesh and the lust of the eyes and the **pride of life**, is not of the Father but is of the world. ¹⁷ And the world passes away, and the lust of it; but he who does the will of God abides for ever. (1 John 2:15-17)

⁹ Then he led him to Jerusalem, made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down from here, ¹⁰ for it is written: 'He will command his angels concerning you, to guard you,' ¹¹ and: 'With their hands they will support you, lest you dash your foot against a stone.'" ¹² Jesus said to him in reply, "It also says, 'You shall not put the Lord, your God, to the test.'" (Luke 4:9-12)

Sinful ways of dealing with the world	Who is mainly involved	Jesus' temptation	Remedy
Lust of the Flesh	Ourselves	Stone to bread	Fasting
Lust of the Eyes	Others	Kingdoms of the world	Almsgiving
Pride of Life	God	Testing God	Prayer

What is Prayer?

God's gift
 Covenant
 communion

Put ourselves in His hands

Recognize limitations, needs, role of grace in our lives

Reduces pride

Forms of Prayer

1. Praise, Adoration, and Blessing

Praise – because of who He is

Adoration – creature to Creator

Blessing – in acknowledgement of all He has given

2. Petition – for selves

3. Intercession – for others

4. Thanksgiving

Types of prayer

1. Liturgical – the prayer of the Church, the public worship of the Church

Sacraments – including and especially the Holy Mass

Liturgy of the Hours

2. Communal

Devotions

Communal rosary

Stations of the Cross

First Friday and First Saturday celebrations

Prayer groups

3. Personal



Expressions of Prayer

1. Vocal

Memorized

Spontaneous

2. Meditation

3. Contemplation