

Session 2

## WHAT IS PRAYER?

### QUOTES FROM THE VIDEO

“God calls man first. Man may forget his Creator or hide far from his face; he may run after idols or accuse the deity of having abandoned him; yet the living and true God tirelessly calls each person to that mysterious encounter known as prayer. In prayer, the faithful God's initiative of love always comes first; our own first step is always a response.”

– *Catechism of the Catholic Church*, no. 2567

“**LORD**, you have probed me, you know me  
you know when I sit and stand; you understand my thoughts from afar.  
You sift through my travels and my rest; with all my ways you are familiar.  
Even before a word is on my tongue, **LORD**, you know it all.  
Behind and before you encircle me and rest your hand upon me.  
Such knowledge is too wonderful for me, far too lofty for me to reach.  
Where can I go from your spirit? From your presence, where can I flee?  
If I ascend to the heavens, you are there; if I lie down in Sheol, there you are.  
If I take the wings of dawn and dwell beyond the sea,  
even there your hand guides me, your right hand holds me fast.  
If I say, “Surely darkness shall hide me, and night shall be my light”,  
darkness is not dark for you, and night shines as the day.  
Darkness and light are but one.  
You formed my inmost being; you knit me in my mother's womb.  
I praise you, because I am wonderfully made; wonderful are your works!  
My very self you know. My bones are not hidden from you.  
When I was being made in secret, fashioned in the depths of the earth.  
Your eyes saw me unformed; in your book all are written down;  
my days were shaped, before one came to be.”

– *Psalm 139: 1-16*

“For I know the plans I have for you, says the Lord, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me; when you seek me with all your heart, I will be found by you, says the Lord.”

– *Jeremiah 29:11-14*

### DISCUSSION QUESTIONS

- Which passage did you choose to pray with? What stood out to you?
- What stays with you from the video?
- What do you find most easy / difficult about prayer?

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### FOR YOUR PRAYER

Glance through the 3 possible scripture passages below. Notice which one you feel ‘drawn’ to pray with. This may be because of something that resonates within you or something that seems to connect with what you desire from the Lord.

Decide on one and take the time to sit with that scripture passage.

Suggested scripture passages: You are invited to pray with the whole passage. Under each Scripture is a possible phrase to focus on and/or to consider.

#### **PSALM 139**

*God who knows you intimately and is ever present.*

#### **JOHN 15: 1-16**

*“It was not you who chose me, but I who chose you.”*

#### **MATTHEW 6:25-34**

*“Do not worry about your life.”*

### SUGGESTIONS FOR PRAYING WITH THE SCRIPTURES

- Read the passage once to become familiar with the text.
- Slowly read the passage a second time.
- Very slowly read the passage a third time.
- Pay attention to which word, words, or phrases capture your attention or tug at your heart.
- Talk to God about what is on your heart... and listen.
- After you pray, journaling in some manner could be helpful.

Simply jotting down a word, phrase, or sentence about one thing that stuck out to us from our prayer can help us as we look back on our those notes and remember how God has been speaking to us.

What word or phrase or sentence stood out to you?

What do you think God was trying to say to you?

What do you notice as the strongest thought, feeling or desire as you prayed? / What are you left desiring from God?