

# JESUS PRAYS

EPISODE 5

## SYNOPSIS

Throughout the Scriptures, Jesus takes time to pray. Jesus prayed before he healed, after he healed, before he spoke, after he spoke, before he ate, and before he suffered. Jesus sought intimacy with his Father, an intimacy that is achieved in prayer. If this intimacy was necessary for Jesus, how much more necessary is it for every person? It is necessary to imitate Jesus and to cultivate a relationship with God through prayer. Prayer brings clarity of mind, peace and release. Prayer is strengthening. Prayer is important to the Christian life because Jesus prayed and because he taught his followers to pray.

**MARK 1:35** *Rising very early before dawn, he left and went off to a deserted place, where he prayed.*

**LUKE 6:12** *In those days he departed to the mountain to pray, and he spent the night in prayer to God.*

**MATTHEW 14:23** *After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone.*

**CCC 2745** *Prayer and Christian life are inseparable, for they concern the same love and the same renunciation, proceeding from love; the same filial and loving conformity with the Father's plan of love; the same transforming union in the Holy Spirit who conforms us more and more to Christ Jesus; the same love for all men, the love with which Jesus has loved us.*

## KEY TEXTS

## DISCUSSION

1. We learn the importance of prayer because Jesus himself models a life of prayer. Tell about a time that someone else taught you by example.
2. Praying brings peace. St. Seraphim of Sarov says, "Acquire a spirit of peace, and a thousand souls around you shall be saved." How does the peace brought about by prayer assist Jesus in his ministry? How has prayer strengthened your own ability to minister to others?
3. The more we talk to and spend time with someone, the better we get to know them. Prayer helps us to encounter God and get to know him better. How has prayer helped you get to know God better? Has continual prayer changed how you see God and how you talk to God?



**"PRAYER IS NOT THE PREROGATIVE OF MONKS; IT IS A CHRISTIAN UNDERTAKING OF MEN AND WOMEN OF THE WORLD WHO KNOW THEMSELVES TO BE CHILDREN OF GOD."**

-ST. JOSEMARIA ESCRIVA-  
FURROW, 451

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## REFLECTION

Come, Holy Spirit.

Take a moment to sit in silence before God the Father. Know that he is looking upon you with love. Reflect on that knowledge that the Father is present to you and is looking on you with love for as long as you want. Imagine the Father repeating the words he spoke of Jesus to you: "You are my beloved son/daughter; with you I am well pleased." (Luke 3:22)