



# Archdiocesan Program

## WHY CATHOLIC?

STRENGTHENING FAITH ... MAKING DISCIPLES



## CHRISTIAN PRAYER

### *GUIDES FOR PRAYER*

#### **Biblical Reflection: 1 Thes 1:2-10**

The witnesses who have preceded us into the kingdom, especially those whom the Church recognizes as saints, share in the living tradition of prayer by the example of their lives, the transmission of their writings, and their prayer today. They contemplate God, praise him and constantly care for those whom they have left on earth. When they entered into the joy of their Master, they were “put in charge of many things” (Mt 25:21). Their intercession is their most exalted service to God’s plan. We can and should ask them to intercede for us and for the whole world. (CCC 2683)



The Christian family is the first place of education in prayer. Based on the sacrament of marriage, the family is the “domestic church” where God’s children learn to pray “as the Church” and to persevere in prayer. For young children in particular, daily family prayer is the first witness of the Church’s living memory as awakened patiently by the Holy Spirit. (CCC 2685)

Prayer groups, indeed “schools of prayer”, are today one of the signs and one of the driving forces of renewal of prayer in the Church, provided they drink from authentic wellsprings of Christian prayer. Concern for ecclesial communion is a sign of true prayer in the Church. (CCC 2689)

Ordained ministers, the consecrated life, catechesis, prayer groups, and “spiritual direction” ensure assistance within the Church in the practice of prayer. (CCC 2695)

The most appropriate places for prayer are personal or family oratories, monasteries, place of pilgrimage, and above all the church, which is the proper place for liturgical prayer for the parish community and the privileged place for Eucharistic adoration. (CCC 2696)

*“The Spirit is truly the dwelling of the saints and the saints are for the Spirit a place where he dwells as in his own home, since they offer themselves as a dwelling place for God and are called his temple.”* St. Basil, *De Spiritu Sancto*, 26, 62 (CCC 2684)

#### **Questions for discussion:**

- **Who are your preferred patron saints to whom you ask for their intercession?**
- **Who is the saint whose life attracts you more?**
- **Have you ever participated in a pilgrimage? What memories do you have of that experience?**
- **Do you pray with your family? How you would like your family prayer life be like?**
- **What could you do to improve and enrich your family prayer experience?**

**Further reading:** Catechism of the Catholic Church, numbers 2683-2696