

Walking with God - Prayer

CCC 2558

This mystery [*of faith*], then, requires that the faithful believe in it, that they celebrate it, and that they live from it in a vital and personal relationship with the living and true God. This relationship is prayer.

CCC 2565

In the New Covenant, prayer is the living relationship of the children of God with their Father who is good beyond measure, with his Son Jesus Christ and with the Holy Spirit.

The grace of the Kingdom is "the union of the entire holy and royal Trinity . . . with the whole human spirit."-Thus, the life of prayer is the habit of being in the presence of the thrice-holy God and in communion with him. This communion of life is always possible because through Baptism, we have already been united with Christ. Prayer is *Christian* insofar as it is communion with Christ and extends throughout the Church, which is his Body. its dimensions are those of Christ's love.

CCC 2699

The Lord leads all persons by paths and in ways pleasing to him, and each believer responds according to his heart's resolve and the personal expressions of his prayer. However, Christian Tradition has retained three major expressions of prayer: vocal meditative, and contemplative. They have one basic trait in common: composure of heart. This vigilance in keeping the Word and dwelling in the presence of God makes these three expressions intense times in the life of prayer.

The Compendium of the Catechism of the Catholic Church, starting at paragraph 569

(Note, the Compendium is a summary of the Catechism):

569. How can vocal prayer be described?

CCC 2700-2704 and 2722

Vocal prayer associates the body with the interior prayer of the heart. Even the most interior prayer, however, cannot dispense with vocal prayer. In any case it must always spring from a personal faith. With the *Our Father* Jesus has taught us a perfect form of vocal prayer.

570. What is meditation?

CCC 2705-2708 and 2723

Meditation is a prayerful reflection that begins above all in the Word of God in the Bible. Meditation engages thought, imagination, emotion and desire in order to deepen our faith, convert our heart and fortify our will to follow Christ. It is a first step toward the union of love with our Lord.

571. What is contemplative prayer?
CCC 2709-2719, 2724 and 2739-2741

Contemplative prayer is a simple gaze upon God in silence and love. It is a gift of God, a moment of pure faith during which the one praying seeks Christ, surrenders himself to the loving will of the Father, and places his being under the action of the Holy Spirit. Saint Teresa of Avila defines contemplative prayer as the intimate sharing of friendship, "in which time is frequently taken to be alone with God who we know loves us."

Matthew 14:23

"After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone".

Luke 5:15-16

"The report about him spread all the more, and great crowds assembled to listen to him and to be cured of their ailments, but he would withdraw to deserted places to pray".

1 Thessalonians 5:16-18

Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus.