

## **Practicals of Prayer**

**Matthew 14:22-23:** *Then he made the disciples get into the boat and precede him to the other side, while he dismissed the crowds. <sup>23</sup> After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone.*

**Luke 5:16:** *but he would withdraw to deserted places to pray.*

**1 Thessalonians 5:17:** *Pray without ceasing.*

**Matthew 6:16:** *But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you.*

**CCC 2710:** *The choice of the time and duration of the prayer arises from a determined will, revealing the secrets of the heart. One does not undertake contemplative prayer only when one has the time: one makes time for the Lord, with the firm determination not to give up, no matter what trials and dryness one may encounter. One cannot always meditate, but one can always enter into inner prayer, independently of the conditions of health, work, or emotional state. The heart is the place of this quest and encounter, in poverty and in faith.*