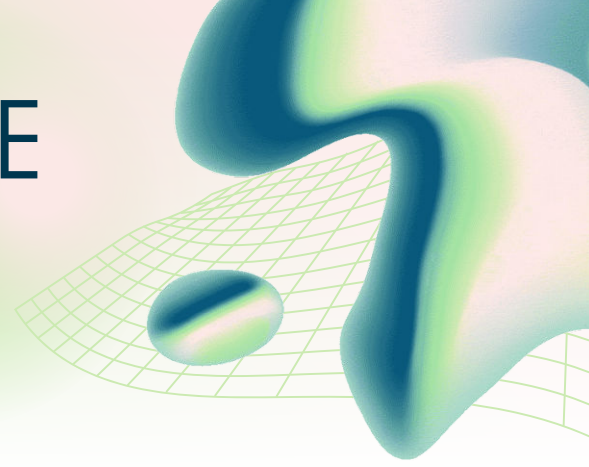


CHRISTIAN LIFE: A LIFE OF PRAYER

Understanding and deepening our prayer life.



Chapter 6

Std: 11 & 12

Summit Seekers

Objectives

By the end of this lesson, students will be able to:

- Understand the fundamental concept of Christian prayer.
- Identify different types and attitudes of prayer.
- Recognize the significance of prayer in the life of Jesus.
- Commit to cultivating a deeper personal prayer life.

Starter: A Story of Prayer

St. Mother Teresa: Mother Teresa, a beacon of compassion, exemplified a life steeped in prayer. Despite her tireless service to the poorest of the poor, she always prioritised her daily prayer life. She often said, *'I need to pray. If I don't pray, then I am not able to give to the poor.'* Her unwavering faith and constant communication with God fueled her relentless dedication and acts of kindness. This demonstrates that even in the midst of a busy life, prayer is essential for strength and guidance.

Analogy: The Broken Connection

Imagine your phone losing its connection. You can't make calls, send texts, or access the internet. Communication is severed. Similarly, prayer is our vital connection to God. When we neglect prayer, we weaken that connection, hindering our ability to receive God's guidance, strength, and love.

Presentation

Meaning of Prayer: Prayer is a conversation with God, an act of lifting our minds and hearts to Him. It is a way to express our love, gratitude, needs, and concerns. *'Rejoice always, pray without ceasing,*

give thanks in all circumstances; for this is the will of God in Christ Jesus for you.' - 1 Thessalonians 5:16-18

Why Jesus Prayed: Jesus, the Son of God, often withdrew to lonely places to pray. He prayed to maintain intimacy with His Father, to seek guidance, and to find strength for His ministry. *'Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.'* - Mark 1:35

Forms and Attitudes of Prayer: Prayer can take many forms, including:

- **Adoration:** Praising God for His greatness and glory.
- **Thanksgiving:** Expressing gratitude for blessings received.
- **Petition:** Asking God for our needs and the needs of others.
- **Contrition:** Expressing sorrow for our sins and seeking forgiveness.

Attitudes of prayer include:

- **Humility:** Recognizing our dependence on God.
- **Sincerity:** Praying with an open and honest heart.
- **Faith:** Believing that God hears and answers our prayers.
- **Perseverance:** Continuing to pray even when we don't see immediate results.

Expressions of Prayer: Prayer can be expressed in various ways:

- **Verbal Prayer:** Speaking to God using words (either silently or aloud).
- **Meditative Prayer:** Reflecting on God's presence and His word.
- **Contemplative Prayer:** Resting in God's presence, listening for His voice.

Importance of Holy Qurbana: Participating in the Holy Qurbana is a profound act of prayer. It is a time to remember Jesus' sacrifice and receive His grace. It is the ultimate way to connect with God. *'Jesus said to them, "Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.'* John 6:53

Habit Formation

- **Set aside a specific time each day for prayer.**
- **To value family prayer even in busy or distracted times.**

Activity Options

Prayer Attitude Chart:

Create a chart with different prayer attitudes (humility, sincerity, faith, perseverance). Reflect on your own prayer life and identify areas where you can improve. Provide examples for each attitude. For example:

- **Humility:** *'Lord, I come before you knowing I am flawed and in need of your guidance.'*
- **Sincerity:** *'God, I'm really struggling with this situation, and I need your help.'*
- **Faith:** *'I believe you will guide me towards the right path.'*
- **Perseverance:** *'Even though I don't see any immediate changes, I will keep praying and believing in You.'*

BIBLE VERSE: Read and Learn

Gospel of Mathew 7:7

Prayer Journal Prompt:

Write a journal entry reflecting on the following prompt:

'What are some specific areas in my life where I can invite God's presence more intentionally through prayer? How can I make prayer a more integral part of my daily routine, and what obstacles might I encounter in this process? How did Jesus' life inspire me in my understanding of the meaning of prayer?'

Closing Prayer

Heavenly Father, thank you for the gift of prayer. Help us to cultivate a deeper relationship with you through consistent and heartfelt prayer. Grant us the grace to pray with humility, sincerity, faith, and perseverance. May our lives be a reflection of your love and grace. Amen.