

ADULT CATECHISM CLASS

PRAYER

As for me, I will call upon God, and the Lord shall save me. Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice.

Psalm 54:17-18



A detailed painting of a coastal city. In the foreground, a wooden ship with a single mast and white sails is on the dark blue, choppy sea. The city is built on a hillside, featuring a large, prominent cathedral with a grey dome and white facade. Other buildings with red roofs and stone walls are visible. A tall, slender tower with a statue on top stands near the cathedral. The overall scene is a metaphorical representation of prayer as a harbor and anchor.

PRAYER

"Prayer is a harbor in the storms of life, an anchor for those who are storm-tossed, the treasure of the poor, the security of the rich, the healing of the sick, the preservation of health. Prayer banishes evil things and preserves the good. Prayer silences the passions of the soul, assuages the rebellion of anger, dismisses envy, dissipates evil desire, withers the love of worldly things, and brings great peace and serenity to the soul."

St. John Chrysostom



**WHAT
COMPRISES
PRAYER?**

- Worship
- Sacraments
- Hymns
- Daily Prayers
- Bible Study
- Fasting
- Helping the needy
- Reading about the saints
- Speaking to our spouses
- How we engage our work/jobs
- Raising our children - in the Church
- Silencing our tongues
- Controlling our passions
- How we live our life!

DEUTERONOMY 6:4-9

“These are the ordinances and the judgments the Lord commanded they children of Israel in the desert, when they came from the land of Egypt: “Hear, O Israel, the Lord our God is one Lord. You shall love the Lord your God from your while heart, from your whole soul, and from your whole power. So these words I command you today shall be in your heart and in your soul. You shall teach them to your sons, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. You shall bind them as a sign on your hand, and it shall be immovable before your eyes; and you shall write them on the doorposts of your houses and on your gates.”





PRAYER IS

A WAY OF LIFE

“As for me, I will call upon God, and the Lord shall save me. Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice. He has redeemed my soul in peace from the battle that was against me, for there were many against me. God will hear...”

Ps 54:17-19



PRACTICAL PRAYER

- Corporate Prayer – as the Body of Christ, the Church brings us together to offer prayers as a community
- Sacraments
- Worship Services
- Special occasions
- Mealtimes/pre-program prayers

JAMES 5:13-15

“Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.”





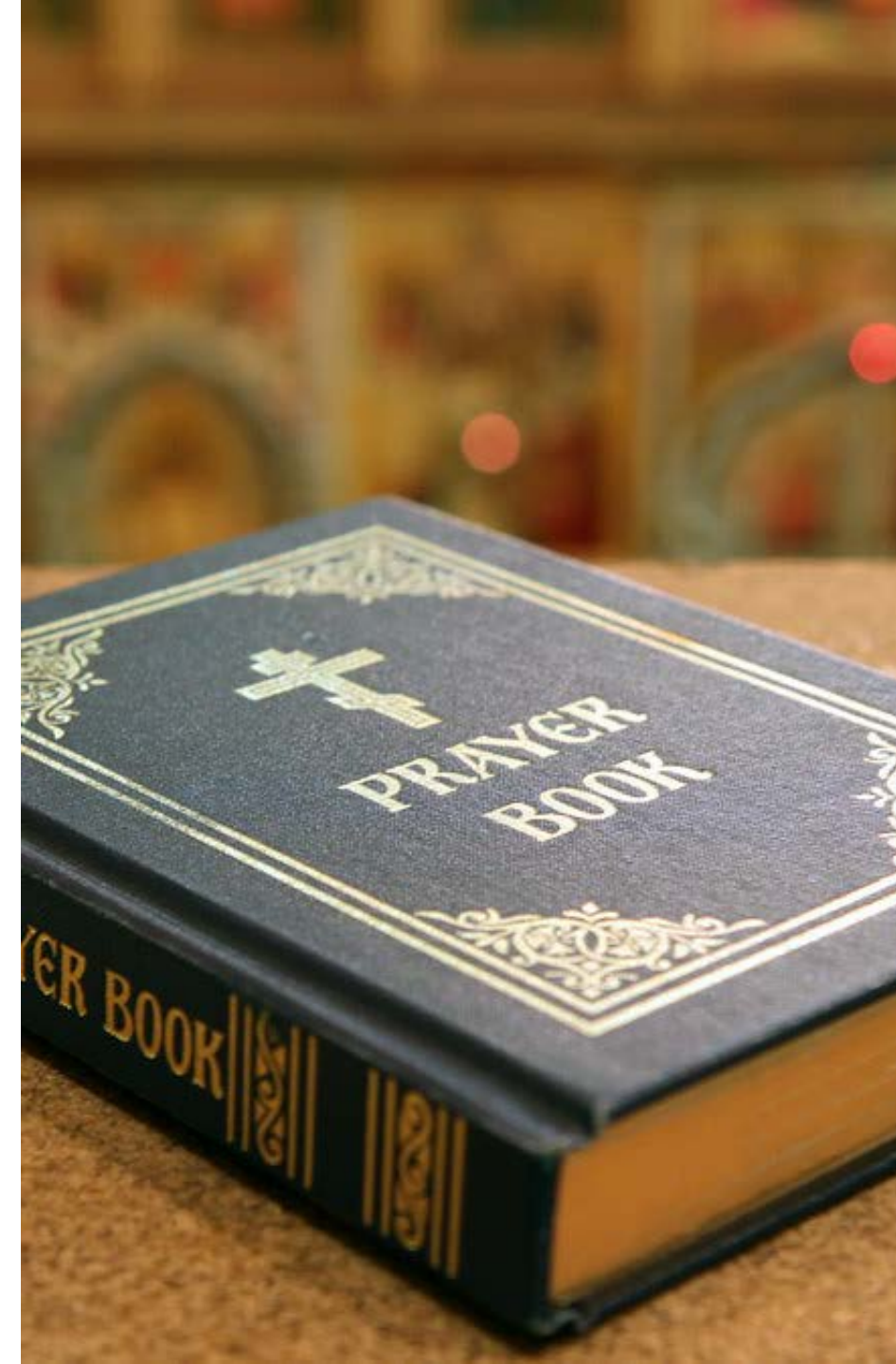
PRIVATE PRAYER

Ultimately, as Met. Kallistos Ware states, even private prayer is still part of corporate prayer since we use the same prayers offered in church, go before the same icons of Christ, His Holy Mother and the Saints, and often with others praying for the same issues. As Christians, we are never alone!

"But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father Who sees in secret will reward you openly." (Matthew 6:6)

MORE ON PRIVATE PRAYER

- Talk with your spiritual father! **“...call for the elders of the church...”**
- Prepare yourself for prayer
 - Quiet
 - Icons
 - No electronics
- Prayer book
- Prayer from your heart and mind
- Give: worship, thanks, adoration, praise, faith
- Ask: health, peace, guidance, help, strength, godliness, self-control, gentleness, reconciliation, forgiveness, hope, faith, love



ST. GREGORY OF SINAI

Prayer is a pleasant fire for beginners, a 'light made fragrant when activate' for the advanced. Prayer informs the heart; it is the hope of salvation, the sign of purification, a symbol of holiness, the knowledge of God, the engagement of the Holy Spirit, the joy of Jesus, the gladness of the soul, the mercy of God, the sign of reconciliation, the seal of Christ, the ray of the intelligible sun, the confirmation of Christianity, proof of angelic life.





WHAT IS IN YOUR HEART?

- Speak to God about what is in your heart
- Speak aloud when able
- Have a conversation with Jesus, the Theotokos, and the saints

ST. JOHN CHRYSOSTOM

"Are you in a state of calmness and serenity? Then, beseech the Lord to make more permanent this joy in your heart. Are you troubled by the onslaught of tribulations and temptations? Beseech the Lord to calm the storm in your life. Has your prayer been heard? Thank God. Have you not been heard? Persist in your prayer until you are heard."





PRAY WITH YOUR SPOUSE/FAMILY

- It is good to pray with your spouse and family
- Offer rote prayers
- Offer prayers specific to what is happening in your lives
- Be thankful and grateful

EPH 3:14-19

"For this reason I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth is named, that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height – to know the love Christ which passes knowledge; that you may be filled with all the fullness of God."






PRAY TO THE THEOTOKOS AND SAINTS

- The Mother of God and the saints are our greatest intercessors
- Pray to them for guidance, knowledge, help, specific things
- Thank them and be grateful to them in prayer



JAMES 5:16

"The effective, fervent prayer of a righteous man avails much."



**MAKE YOUR
WHOLE LIFE
PRAYER**

- Our prayers do not end with words before the icons or at a meal
- Our lives after prayer should reflect those exact prayers
- Consider everything you do as a prayer to God



WRAP UP

- What is Prayer?
- Corporate prayer
- Personal Prayer
- Prayer with family
- Intercessory prayers
- Make your whole life prayer!



THANK YOU