

How Should I Pray?

This is a very important question to you and me.

If water and food are important to sustain our physical life, **Prayer** is also important to sustain our spiritual life. Prayer is water and food for our souls.

Seven days without water and food makes our body weaker, our spiritual life will become weak without prayer

Prayer is a way of life. We are building our personal relationship to God.

Not just in time of emergency, but prayer should be done everyday on a regular basis.

There are three steps in prayer:

1. Schedule a **regular prayer time** - you always make time for what is important, and prayer is important
2. Find a **special place to pray** – find a place where there are minimal distractions so that you can concentrate in your prayer.
3. **Relax** - you are freeing yourself for prayer.

Try the following when you are ready to begin your prayer time:

- **Be aware of God's presence** - God holds you in his hand.
- **Approach God as you would a friend.** - Jesus is your friend and it is essentially we have to spend time with our dear friends
- **Thank God and Praise Him** – for all the good gifts He's given you.
- **Ask for forgiveness** – believe that God will accept you and forgive you because He loves you.
- **Take your concerns to the Lord.** – speak to God and ask for what your need
- **Prayer also involves listening to God.** – In my prayer time, I don't say anything to God but I just sit and look at the Cross and the Blessed Sacrament and let him look at me and wait for Him to speak in my heart.
- **Enjoy God's presence around you** – enjoy the beauty of God creation.
- **“Prayer is the raising of one's mind and heart to God and requesting of good things from God”**