

## Chapter 17 Prayer

Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, makes your requests known to God. *Philippians 4:6*

### To the Parents:

In chapter 17, your child learned the following:

- Prayer sometimes involves more listening than talking.
- A regular prayer life can deepen a person's relationship with God.
- There are different forms of prayer, such as vocal prayer, meditation, and contemplation.

When followers of Jesus pray, they sometimes “cry out” to God in praise, thanksgiving, or in acknowledgement of sinfulness and the need for forgiveness. Prayers of petition are also common, as people seek God's intervention in such needs as healing the sick or bringing peace to the world. When believers cry out to God, however, their prayers may not always contain words. God's presence in the depth of the heart is in itself a prayer, animated by God's Holy Spirit.

There are as many ways to pray as there are ways to communicate with someone you love, like speaking, writing, touching, singing, crying, and laughing. But listening carefully and patiently to a loved one is absolutely vital if there is to be a solid and committed friendship. It is the same with God and prayer. Listening to God in prayer requires time, silence, and a commitment to sustain God's presence in a busy and overly noisy world. God's voice brings great peace to those who hear it.

### With Your Child:

1. Read how Jesus taught his disciples to pray (*Matthew 6:5–13*) and relate it to the ways you pray to God.
2. Before Mass, talk about who or what your family wants to pray for. Make those petitions silently during the prayer of the faithful.
3. Practice praying to God together as a family, by saying thanks and praise before meals or praying the rosary.
4. Read about Brother Lawrence on the Review and Explore page.