

Rite of Christian Initiation of Adults

Prayer in the Life of a Christian

Introduction

1. Why do you think prayer is important for a Christian?
2. Share the following: "I would define prayer as...."

Outline of Presentation

1. What is Prayer?
2. A Life of Prayer
 - Vocal Prayer
 - Meditation
 - Contemplative Prayer
3. A Pattern of Prayer
 - Blessing and Adoration (becoming aware of God's awesome presence)
 - Petition (I need God)
 - Intercession (we are able to ask God for "favors")
 - Thanksgiving (an attitude of gratitude)
 - Praise (God is greater than me)
4. The Springs of Prayer
 - The Word of God (the Bible)
 - The Liturgy
 - Today – Living in the Moment (God meets us where we are)