

*But, our ACTS need to express our LOVE,  
And so our prayer should always be:*

**L LOVING**

in that it is an expression of our love for God, and that it should strengthen our relationship with him.

**O OPEN**

when we pray to God we should come to him in an open and trusting way. We cannot hide any secrets from him, so it is pointless to try.

**V VOLUNTARY**

our prayers come 'from ourselves', and keeping a regular pattern of prayer will help us with this.

**E EXPECTANT**

our prayer must be *expectant*, that is expecting a reply. Part of our prayer will be listening to, as well as speaking to God.



**The Jesus Prayer**

Lord, Jesus Christ,  
Son of God,  
Have mercy on me a sinner.

Jesus' disciples asked him how they should pray and Jesus gave them and us the best format for prayer, the Lords prayer:

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.

Forgive us our sins  
as we forgive those who sin against us.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power  
and the glory are yours,  
for ever and ever. Amen.

We may want to spend time thinking each line through or to use it as the frame of our daily prayer routine. We know that Jesus constantly spent time alone with his Father in prayer.

It is important we spend time in prayer with God, trying to be aware of God. We need to pray regularly remembering that even trying to pray is praying and that we should never give up trying!

THE PARISH OF  
NEWTON NOTTAGE  
PORTHCRAWL

# PRAYER



A way to  
help you pray .



*"Lord teach us to pray..."*

## What is Prayer?

Prayer is the way in which we talk to God.

In one sense it is having a conversation with God, as if we would do with a friend. It should be something which is natural and relaxed, not forced or uncomfortable.

The only way in which we can understand a person and get to know them is by spending time with them, relaxing with them, being open with them and listening to them. It is the same with our relationship with Jesus, which grows in this way through prayer.

When we pray we need to allow God time to speak to us as we need to share ourselves with him totally. It is often in the silence of prayers that God will talk to us, so we pray we must give him the opportunity to talk to us.

There are various kinds of prayers, set prayers which are used in the worship of the Church, and prayers which use our own words and style.

### Our Father

If prayer is talking and listening to God, we can (and should) pray at all times. It is a natural thing for us to tell God about our needs, concerns and also to give thanks to him for the good things too throughout the day. Christ walks beside us and wants us to face everything we face together with him. But we need to remember that we also need to give God special times, prime times, times set aside which are given to God in prayer.

It is helpful to have a regular and disciplined prayer life, a time set aside each day when we can be with God. We need to find a time in the day that suits us best *and stick to it.*

## Be still, for the presence of the Lord the Holy One is here

We can pray anywhere, at home in the garden at work, while we are walking the dog, in the car. We remember that Jesus is our closest friend and companion and will go wherever we go. It may be useful to find a place which is quiet where we can be still and be totally alone with God. This may be a room at home or a special place like in Church. Most churches will have a quiet place set aside for prayer.

### How to pray

There are no right or wrong rules about prayer. A great many books have been written on the subject but the only way of praying is by doing it. There are many ways to pray and we have to find the way that suits us best. We must pray as we can and not as we can't.

There are many aids to pray, things that can help us in our prayer life



Reading the Bible

Lighting a candle

Using a Rosary

An Icon or Statue

The Daily Office

The Blessed Sacrament

A Crucifix

The Jesus Prayer

## Help & Advice

Praying is not something that we will always find easy to do; there will be times when we struggle. But it is important that we keep at it and that when we need it we seek help by speaking with a priest or another Christian.

It may be that we need a structure to our prayer life, perhaps setting aside each day of the week to a particular need. What follows is a simple prayer guide which may be of some help.

### Prayer Guide

#### P PREPARATION

*bringing ourselves into God's presence:*

**'Lord Jesus, I bring you my heart and my mind...'**

#### A ADORATION

*to be with God, wondering:*

**'O Lord Jesus, I adore you'.**

#### C CONFESSION

*to be with God, saying sorry:*

**'Lord Jesus, I am sorry...  
... please forgive me.'**

#### T THANKSGIVING

*to be with God, saying thank you:*

**'Lord Jesus, I thank you for all  
your goodness to me this day'.**

#### S SUPPLICATION

*to be with God, with others in mind:*

**'Lord Jesus I bring to you  
my prayers...'**