

# PRAYER 101

## Practical Suggestions for Talking with God

Lent is a time to strengthen our relationship with God. Developing a routine of daily prayer is an essential element of that loving relationship. By talking with God every day we grow closer to Him and we begin to experience His joy and peace - even in the midst of the difficulties of life.

Wanting to pray is a start, but by itself it is not enough. Like many good intentions, it is too easy to put prayer on the back burner as other things in life grab our attention. Make prayer a priority.

### To develop a habit of prayer:

**Pick a time to pray.** People with a healthy prayer life tend to pray at the same time each day. Consider first thing in the morning, during your lunch hour, or at the end of the day. Perhaps try going to daily Mass. People who only pray when they “get around to it” – tend not to “get around to it” very often. It does not have to be long. Start with just five or ten minutes a day – but start.

**Pick a place to pray.** People with a routine of prayer often pray in the same place each day. Consider a comfortable chair with a cup of coffee, a bench in a park, or a pew in church. Especially with all of the noise and distractions that surround us, it can take determination to carve out a quiet place, but that is where we hear God speak.

**Pick a way to pray.** People with a healthy prayer life most often develop a process of prayer. People who try just to “wing it” often get frustrated and eventually give up. There is no one process of private prayer that suits everyone, so some trial and error may be required. But consider trying the rosary, a good prayer guide like *Magnificat* ([www.magnificat.com](http://www.magnificat.com)), or *lectio divina* – a method of prayer that we will learn more about next week.

“Acquire the habit of speaking to God as if you were alone with Him, familiarly and with confidence and love, as to the dearest and most loving of friends.”

-Saint Alphonsus Liguori



Coming Next Week:

*Lectio Divina.*

This is an ancient method of prayer that has helped generations of Christians grow closer to God. Despite the fancy name, it involves a few simple steps and is focused on the Sacred Scriptures.