



## WHAT IS PRAYER?

St. Thérèse of Lisieux

“For me, prayer is a surge of the heart, a simple look toward heaven, a cry of gratitude and love in the midst of trial as well as joy.”

St Gregory

Prayer is the life of the new heart. It ought to animate us at every moment. But we tend to forget him who is our life and our all.

"We must remember God more often than we draw breath."

St. Teresa of Ávila

“Prayer, in my opinion, is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us.”

“All difficulties in prayer can be traced to one cause: praying as if God were not present.”

St. Francis de Sales

“Everyone of us needs half an hour of prayer each day, except when we are busy—then we need an hour.

St. Catherine of Siena

“Prayer is a mutual exchange of words and love between the soul and God.”

“You are never in a position to give God anything that is not already His, except your love.”

St. John of the Cross

“Silence is God’s first language.”

“The soul that is quick to turn to speaking and conversing

St Teresa of Calcutta

1. “Prayer enlarges the heart until it is capable of containing God’s gift of Himself.”

- She often taught that prayer is what allows us to receive God’s love and share it with others.

2. “Prayer is putting yourself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts.”

- For her, prayer was not primarily talking, but listening.

3. "The fruit of silence is prayer. The fruit of prayer is faith. The fruit of faith is love. The fruit of love is service. The fruit of service is peace."
  4. "If you pray, you will have faith; if you have faith, you will love; if you love, you will serve."
  5. "Prayer makes your heart bigger, until it is capable of containing God's gift of Himself."
  6. "We need to find God, and He cannot be found in noise and restlessness. God is the friend of silence."
  7. "I always begin my prayer in silence, for it is in the silence of the heart that God speaks."
- Prayer is daily bread. She believed prayer was not optional for a Christian; it was as necessary as breathing.
  - Prayer leads to action. For her, prayer and service to the poorest of the poor were inseparable.
  - Prayer begins with listening. She often said that most people think prayer is speaking, but real prayer begins when we listen to God.
  - Prayer is simple. She taught that prayer does not need big words: "Just say, 'Here I am, Lord.'"

FORMULA FOR A COLLECT: YOU...WHO...DO...THROUGH

- **You** (Address God eg. 'Almighty Father')
- **Who** (An attribute of the wonders of God eg 'Who created the world and all it's wonders')
- **Do** (Ask for petition eg. 'Help us to respect and care for the nature around us.')
- **Through** Bring to an end: Trinitarian Ending or...Amen

We ask this through our Lord Jesus Christ your Son who lives and reigns with you and the Holy Spirit, God for ever and ever Amen.'