

## *The Power of Prayer*

The true strength of prayer lies not in who is praying, or what form of prayer is used; it's found in the spirit of the prayer.

### **Prayer is the greatest reality of what is possible**

The sheer force of even the simplest of prayers, cannot be contained within our limited human capacity to understand and comprehend. The power of prayer is beyond all that can be imagined and that which has not yet been dared to be imagined. If we simply look upon prayer as everyday, and of not much use in our fast-paced, high-tech world, then we fail to see or experience the richness of the reality of prayer in all its wonder.

**“Nothing is equal to prayer, for what is impossible, it makes possible, what is difficult, easy...” CCC 2744**

Prayer is the bridge between God and His greatest of all creation. It is the driving force of all life, for in the rhythm of prayer all matter of life and love exists in perfect and complete harmony.

**“And I have given them the glory you gave me, so that they may be one, as we are one, I in them and you in me, that they may be brought to perfection as one...” John 17: 22-23**

Prayer is born in the endless facets and complexities of our lives, even when it seems that we cannot pray, or feel that prayer could do any good. But even in suffering we do not suffer alone. God suffers in compassion with us, and in the midst of our suffering, God is working on what good and awesome wonder that will be born from it. And this suffering is one of the most beautiful forms of prayer. How powerful that even in the suffering, pain and hells of this world beauty can be born. The prayer found in suffering is one of the greatest and most powerful mysteries that the mind will forever contemplate and never fully understand...and that the heart will forever find it's greatest strength.

**“Prayer is insisting to the point of annoyance but also with an unshakeable certainty.”  
Pope Francis**

*Father,  
teach me to pray the way that Jesus prays with You. Teach my heart the rhythm and many facets of prayer. Teach me to pray with conviction and courage, never giving up on even the simplest and seemingly insignificant prayers. Help me to see the power behind every prayer, that I might delve into its endless and boundless richness. I pray this and every prayer born of my heart, through Jesus Christ, our Lord. AMEN*

**“Prayer works wonders, but we have to believe!” Pope Francis**