

Prayer

What is prayer? How do we pray? Why is it so important to pray? These are questions we hear a lot when it comes to prayer. But do we really know what prayer is?

“Prayer is the breath of faith” Pope Francis

Prayer is simply talking to God from your heart. Telling Him anything and everything, being able to talk to someone who really listens and understands everything. He listens to us but we must also listen to Him. It is so easy to pray one way, but prayer is a two-way communication. Prayer is a conversation with God.

“I do not pray for success, I ask for faithfulness.”

Mother Teresa

What should we pray about?... Everything and for everyone. Prayer is an expressway of love. It's a conversation of love, from us to the ears of God. "...his love is brought to perfection in us." (1Jn 4:12) God loves through us, but He is only able to do this through prayer, prayer that comes from the heart. Honest prayer does not hide or try to deceive. Prayer is courageous, bold and filled with love.

“...pray always without becoming weary.”

Luke 18:1

Pray always, not just in times of helplessness and despair, but in times of joy and success. The Lord hears every prayer, he hears the cry of the poor, He hears the praise in thanksgiving, He hears the joy in the love we share with others. And all that He asks is that we pray always. That our lives, might be filled with prayer, full of peace that only comes with prayer. Now ask yourself, am I willing to make my life a life built on prayer?

May my life be a life of prayer,
A prayer that brings peace to one and all.
A prayer that speaks of truth, of life everlasting.
A prayer that never sleeps, even as I sleep.
A true prayer that comes from my heart,
And echoes the love of God.
May my life be a life of prayer,
A prayer for God.