# The Fruits of Prayer

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# The Fruits of Prayer...



Knowledge of Self
Knowledge of Others
Knowledge of God

These fruits are the result of a regular prayer life.

They increase as He remains in me and I in Him (Jn. 15:5)

# Knowledge of Self



- \* Humility: I realize I don't know how to pray. I need help. This awareness of self that I didn't have before indicates progress. I become a beggar before God.
- **❖ Sincerity vs. Truth:** I start to notice that my thinking is off. Prayer clarifies the difference between sincerity and truth for me. This is liberating.
- **❖** A Turning Inward: I am less superficial as I discover the internal, complex world within. It sets me free—detachment from the world and from myself.

# Knowledge of Self



\* Priorities: Prayer starts to become a priority for me. My relationship with God now matters to me.

❖ Time Constraints: Prayer teaches us the true measure of our days. It teaches us to live in the moment. As new priorities are established, we have more time available to us.

# Knowledge of Others



- Less Judgmental: I become increasingly humble, I have more compassion for others as I develop more compassion for myself. I have more patience for the fragileness and limits of others. I can show them mercy because of the mercy shown me by Christ.
- ❖ Inward focused: As my interior life develops, I realize that others have an interior life too. I have a new way of looking at others, I am less prone to judge based on appearances.
- ❖ Good Boundaries: God has made my heart larger creating a safe distance between me and others, like an airbag. I don't feel as threatened. I am able to find the appropriate distance in each situation. My 'yes' is 'yes' and my 'no' is now a 'charitable no'.

### Knowledge of Others



- \* Listen: in this exchange of friendship with the Lord, I learn to open the ears of my heart to hear Him. I practice silent listening. As a result, I hear others better because of the silence within me. I am more patient. I have had to make adjustments to understand; there are fewer misunderstandings with others.
- **Works:** I am more charitable. I have been invaded by *God's charity* within me. *His charity* can lead me to realize incredible acts of charity. (Saints)

#### Knowledge of God

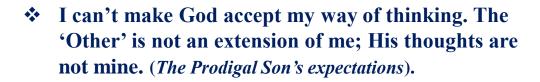
#### I need a Savior



- \* My image and relationship to God changes through prayer. Only because I was lost, am able to realize that I need a Savior.
- \* As I move towards God, I come to realize my limits and gain in humility. I understand that without God I am without hope. I become a beggar. Help me, Lord!
- **❖** I can't earn my way because of good works (*Pharisees, Older Brother of Prodigal*). It isn't about God owing us salvation because we 'followed the rules.'
- ❖ Prayer allows me to experience a shift in thought. In the West it is hard to realize that I can't save myself.

# Knowledge of God

# God is not me, He is Other than me



- Through prayer, I realize how hard it is to enter into relationship with Him. But, through prayer my thoughts are renewed, I am able to enter into God's thoughts.
- ❖ God is Other, God is very Near. I develop an intimate relationship with Him through prayer. I begin to entrust situations to Him.
- **❖** I am more receptive to the Holy Spirit who prays in me. I allow Him to act in my life.



# Knowledge of God God's Mercy



- \* As I experience God's mercy, I realize that it is the path to true freedom.
- **❖** It isn't just empty words for me anymore.
- **❖** I realize that I don't deserve God's love but that I am truly loved.



# Knowledge of God

# We are Transfigured

- **❖** Through interior prayer we acquire a new way of being in the world.
- **God's life within radiates outward and others notice the difference.**
- **&** God lives in us.
- **\*** We become more human—attentive, humble, delicate.
- God transforms us.



# Knowledge of God In summary

No Glasses- Vicious Circle New Glasses- Virtuous Circle

- \* Through prayer, I receive a pair of Theological Virtues 'Glasses'. The Holy Spirit operates on the eyes of my soul. I acquire a spiritual sense.
- **❖** I discover the true God. This discovery allows me to let go of my false images of God and of my idols that kept me from Him.
- **❖** I don't see things as others do. I am inspired by the Holy Spirit in me.
- **❖** I don't see things as before, I see both myself and others through the virtues of *faith*, *hope* and *charity*--- as God sees.