

# 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*



- ❖ I can't make God accept my way of thinking. The 'Other' is not an extension of me; His thoughts are not mine. (*The Prodigal Son's expectations*).
- ❖ 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.