

Must we learn how to pray?

One must learn to pray

Prayer cannot be reduced to the **spontaneous outpouring** of interior impulse- in order to pray, one must have the will to pray.

Nor is it enough to know what the Scriptures reveal about prayer: **one must also learn how to pray.**

Through a **living transmission** (Sacred Tradition) within "**the believing and praying Church,**" the **Holy Spirit** teaches the children of God how to pray. CCC 2650

Lord, teach us to pray?

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him: **“Lord, teach us to pray, just as John taught his disciples.”**

“When you pray say: ‘Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.’ Luke 11:

1-4

Noisy Gongs

More people than you would think would be capable of practicing **interior prayer**, but **no one has taught them.**

And, without an **interior life**, the baptized run out of breath, their action becomes noisy gongs and even their **religious practice**, when it exists, dries up.”

Jean Paul II, September 29, 1982

Lord, teach us to pray!

We need a Christianity that distinguishes itself above all
in the art of prayer. {...}

We also know that prayer must
not be considered self-evident.

It is necessary to learn to pray,
in other words ... as the first disciples:

‘Lord, teach us to pray!’

(Luke 11:1).

Remain in me and I in you

Through prayer a dialogue develops with Christ which allows us to become his intimate friends:

“Remain in me and I in you” (John 15:4). {...}

“Yes, our **Christian communities** must become **authentic ‘schools’ of prayer**, It is about intense prayer...
opening the heart to the love of God...
to the love of one’s brother allowing history to be built
according to God’s design’.

Paul II, Apostolic Letter January 6, 2001,
Novo Millenio Ineunte

Doctor of the Church

St. Teresa of Avila, a Doctor of the Catholic Church

St. Teresa is the only Saint who was made a Doctor of the Church based on her **writings on prayer**.

As a doctor of the Church her writings,
as with all Doctors of the Church,
are **universal**, not just for Catholics and Christians
but for **all people of all times**,
believers and non-believers alike.

Royal Road to Heaven

Do not be frightened, daughters,
by the many things you need to consider
in order to begin this **divine journey**
which is the **Royal Road to heaven**.

A great **treasure** is gained by travelling this road;
No wonder we have to pay what seems to us a high price.

The time will come when you will understand
how trifling everything is next to
so precious a reward. (W21, 1)

Contemplatives

Keep in mind that I say we should all
try to be **contemplatives**,
since we are **not here for any other reason** (W18 3)

The Lord taught me

...I never knew what it was to pray with satisfaction until **the Lord taught me this method.**

...so many **benefits from this habit of recollection...**
you can if you want , avoid ever withdrawing from such **good company;**

...if you can, practice this recollection often during the day;
if not, do so **a few times**

...Once this **recollection is given by the Lord,**
you will not exchange it for any treasure. (W29 7)