

# INTRODUCTION TO PRAYER

(The information on this outline can be found primarily in paragraphs 2558 – 2865 of the *Catechism of the Catholic Church*)

## SECTION ONE: PRAYER IN THE CHRISTIAN LIFE

### What is Prayer? (CCC 2559-2565)

- A. According to the saints...
- B. Prayer as God's gift
- C. Prayer as covenant
- D. Prayer as communion

## I. The Revelation of Prayer (CCC 2566-2649)

### The Universal Call to Prayer

- A. In the Old Testament
  - 1. Creation-source of prayer
  - 2. God's promise and the prayer of faith
  - 3. Moses and the prayer of the mediator
  - 4. David and the prayer of the king
  - 5. Elijah, the prophets and conversion of heart
  - 6. The Psalms, the prayer of the assembly
- B. In the Fullness of Time
  - 1. Jesus prays
  - 2. Jesus teaches us how to pray
  - 3. Jesus hears our prayer
  - 4. The prayer of the Virgin Mary
- C. In the Age of the Church
  - 1. Blessings and Adoration
  - 2. Prayer of Petition
  - 3. Prayer of Intercession
  - 4. Prayer of Thanksgiving
  - 5. Prayer of Praise

## II. The Tradition of Prayer

- A. At the Wellspring of Prayer
  - 1. The Word of God
  - 2. The Liturgy of the Church
  - 3. The theological virtues
  - 4. "Today"
- B. The Way of Prayer
  - 1. Prayer to the Father
  - 2. Prayer to Jesus
  - 3. "Come, Holy Spirit"
  - 4. In communion with the holy Mother of God

- C. Guides for Prayer
  - 1. A cloud of witnesses
  - 2. Servants of prayer
  - 3. Places favorable for prayer

### **III. The Life of Prayer**

- A. Expressions of Prayer
  - 1. Vocal Prayer
  - 2. Meditation
  - 3. Contemplative Prayer
- B. The Battle of Prayer
  - 1. Objections to Prayer
    - a. Erroneous notions of prayer
    - b. Mistaken attitudes
    - c. Failure in prayer
  - 2. Humble Vigilance of Heart
    - a. Facing difficulties in prayer
    - b. Facing temptations in prayer
  - 3. Filial Trust
    - a. Why do we complain of not being heard?
    - b. How is our prayer efficacious?
  - 4. Persevering in Love
    - a. The battle of prayer is that of humble, trusting, and persevering love
    - b. Always possible to pray
    - c. Prayer is a vital necessity
    - d. Prayer and Christian life are inseparable
- C. The Prayer of the Hour of Jesus

## **SECTION TWO: THE LORD’S PRAYER: “OUR FATHER!”**

### **IV. “The Summary of the Whole Gospel”**

- A. At the Center of the Scriptures
- B. “The Lord’s Prayer”
- C. The Prayer of the Church

### **V. “Our Father Who Art in Heaven”**

- A. “We Dare to Say”
- B. “Father!”
- C. “Our” Father
- D. “Who Art in Heaven”

### **VI. The Seven Petitions**

- A. “Hallowed Be Thy Name”
- B. “Thy Kingdom Come”
- C. “Thy Will Be Done on Earth as It Is in Heaven”
- D. “Give Us This Day Our Daily Bread”

- E. “And Forgive Us Our Trespasses, as We Forgive Those Who Trespass Against Us”
  - 1. And forgive us our trespasses...
  - 2. ...as we forgive those who trespass against us
- F. “And Lead Us Not into Temptation”
- G. “But Deliver Us from Evil”

**VII. The Final Doxology**

**VIII. The Liturgy of the Hours**

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