

## APPENDIX

### HOW WE SHOULD PRAY (YouCat, Part 4)

Prayer is turning the heart towards God. When a person prays, he enters into a living relationship with God. [2558-2565]

We pray because we are full of an infinite longing and God has created us men (sic) for himself: “Our hearts are restless until they rest in you” (St Augustine). But we pray also because we need to; Mother Teresa says, “Because I cannot rely on myself, I rely on Him, twenty-four hours a day.” [2566-2567, 2591]

Jesus learned to pray in his family and in the synagogue. Yet Jesus broke through the boundaries of traditional prayer. His prayer demonstrates a union with his Father in heaven that is possible only to someone who is the Son of God. [2598-2599]

Jesus’ life was one single prayer. At decisive moments his prayer was especially intense. Often he withdrew into solitude to pray, especially at night. Being one with the Father in the Holy Spirit – that was the guiding principle of his earthly life. [2600-2605]

Learning from Jesus how to pray means entering into his boundless trust, joining in his prayer, and being led by him, step by step, to the Father. [2607-2614, 2621]

To learn from Mary how to pray means to join in her prayer: “Let it be to me according to your word” (Lk 1:38). Prayer is ultimately self-giving in response to God’s love. If we say Yes as Mary did, God has the opportunity to lead his life in our life. [2617-2618, 2622, 2674]

God, who knows us through and through, knows what we need. Nevertheless, God wants us to ask, to turn to him in times of need, to cry out, implore lament, call upon him, indeed, even to struggle with him in prayer. [2629-2933]

Everything that we are and have comes from God. Paul says “What have you that you did not receive?” (1 Cor 4:7). Being grateful to God, the giver of all good things, makes you happy. [2637-2638, 2648]

Someone who prays only when he (sic) feels like it does not take God seriously and will leave off praying. Prayer thrives on faithfulness. Christian prayer is persevering and resigns itself to the will of God. [2650, 2656-2658, 2662]

Everything that happens, every encounter can become the occasion for a prayer. For the more deeply we live in union with God, the deeper we understand the world around us. [2659-2660]

You can pray anywhere. Nevertheless a Catholic will always look also for those places where God “dwells” in a special way. Above all these are Catholic churches. [2691, 2696]

Prayer does not seek superficial success but rather the will of God and intimacy with him. Anyone who prays must allow God the complete freedom to speak whenever he wants, to grant whatever he wants, and to give himself however he wants. [2735-2737]

Prayer is always possible. Prayer is vitally necessary. Prayer and life cannot be separated. [2742-2745, 2757]