


Confirmation Class
2024





Prayer

What is prayer?



‘Prayer is the raising of one’s mind and heart to God or requesting of good things from God.’

Prayer as friendship



**St. Teresa of Avila says: “prayer...in my opinion is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us.”
(Life, 8:5).**

Who do you consider a friend?



Jesus, Our Best Friend



How do we talk to our friend, Jesus?

We mean what we say to him from the heart

We do not put up false look or false self

We come to him the way we are

We talk to him the way we feel

Different Types of Prayer

Blessing and Adoration

Petition

Intercession

Thanksgiving

Praise

Different ways to pray

Meditation



Use our heart and mind

Vocal Prayer

Use many words



Contemplation

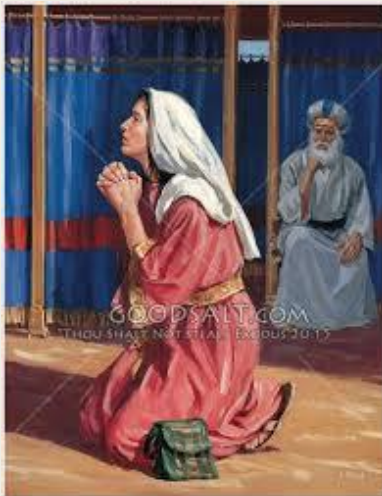
Sit with our friend
without speaking
/listen more to him



Examples of People who prayed in the Bible



Abraham



Hannah



Moses

Examples of People who prayed in the Bible

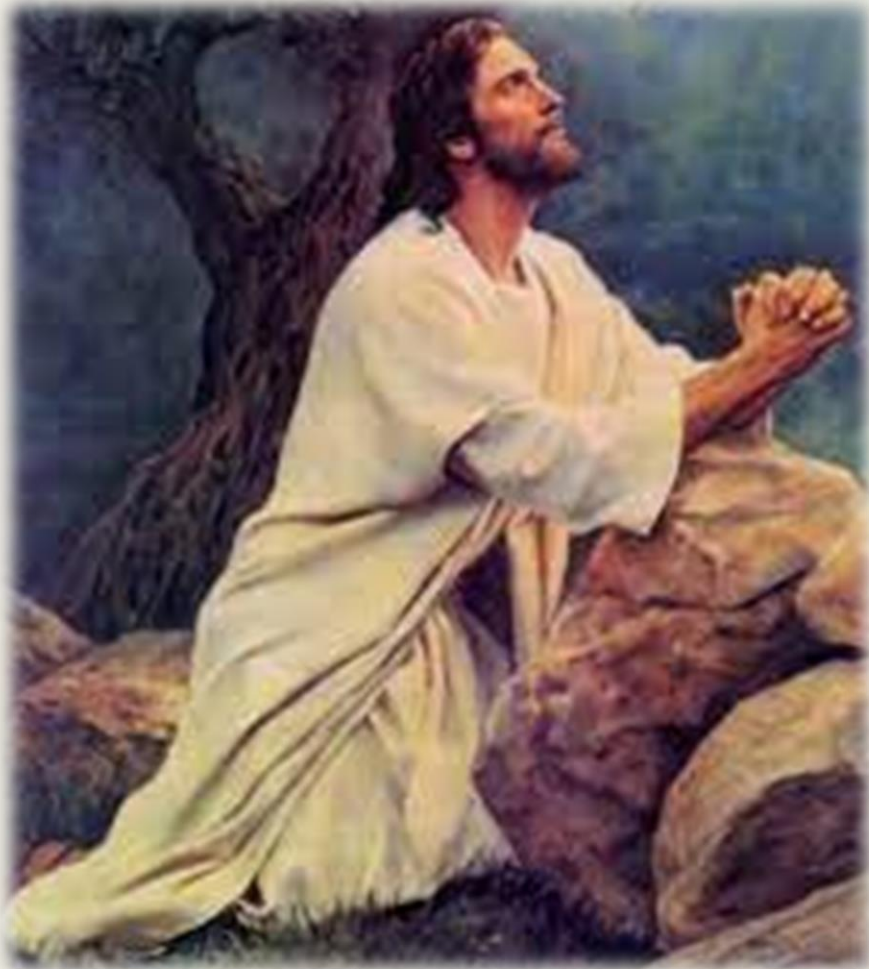
Blind Bartimaeus



Mary

Examples of People who prayed in the Bible

Jesus



Jesus as a human being learnt how to pray from his mother and foster father.

He prayed using the formulas of prayer at the time, especially the Psalms.

The Lord's Prayer

Seven Petitions

- **Hallowed by thy name**
- **Thy kingdom come!**
- **Thy will be done on earth as it is in heaven**
- **Give us this day our daily bread**
- **Forgive us as we forgive others**
- **Lead us not into temptation**
- **Deliver us from evil**

A Praying Family



Why should we pray together as a family?