

Summer of Blessings

Immaculate Conception Church

Generations of Faith

HOW TO PRAY TO GOD

Fr. Vince has been talking to us about Prayer the past couple of weeks. Here are some things that might help you to develop and grow into your Prayer Life. Our Summer Blessings are a form of prayer—if you would like to offer a Blessing for us to use, please call the Rectory.



July 25 2010

Praying to God, like any conversation with a friend, requires talking and listening. Prayer begins as a belief in God, grows into faith that God can influence our lives and eventually turns into a loving relationship. To begin a life of prayer, even if you have never prayed before, just follow these steps.

"And now about prayer. When you pray, don't be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I assure you, that is all the reward they will ever get. But when you pray, go away by yourself, shut the door behind you, and pray to your Father secretly. Then your Father, who knows all secrets, will reward you."
Matthew 6:5-6

1. Create a setting that makes praying easy and natural. Some people like to kneel, others prefer sitting. Some people pray with music in the background, whereas others prefer

quiet. You can use a Bible, spiritual book, memorized prayers or something you improvise. Writing in a journal can also inspire discussion with God.

2. Make a plan. It doesn't have to be elaborate, just something simple like "I will pray for 15 minutes while sitting in this chair." A plan helps you to overcome distractions.

3. Start praying. Sometimes it helps to use a memorized prayer or a scripture reading to begin. With practice some people are able to go in and out of prayer with little effort, but don't be discouraged if that isn't you. Over time, you will learn the most effective ways for you to pray.

4. Close your prayer. Again, a set prayer or

reading can be helpful. Otherwise improvise a closing as a way of saying goodbye to God.

"When you pray, don't babble on and on as people of other religions do. They think prayers are answered only by repeating words over and over again. Don't be like them, because your Father knows exactly what you need even before you ask him! Pray like this:

Our Father in heaven, hallowed be your name, your Kingdom come, your will be done, on earth, as in heaven. Give us today our daily bread: forgive us our debts, as we forgive our debtors; and do not subject us to the final test, but deliver us from the evil one."

Matthew 6:7-13

5. Make prayer a regular part of your schedule. Find the time, setting and method that works best for you. The more often you pray, the easier it will come to you.

Until September 5th
7:30am Extra Sunday
Mass at ICC

July 31st
ICS Alumni Golf Outing

August 1st
Breakfast at Wellsville
Airport by the ICS
Strings Program

August 19th
Altar Servers Picnic &
Bisons BB Game

September 11th & 12th
ICC-ICS Fun Fair
Island Park

September 12th
Back To Church Sunday



**OUR FAITH IS
A LIFE LONG
EVENT**

Why Should We Pray ?

To Whom Do We Pray?

Before we can answer, “why should we pray,” we must know to whom we pray. There is only one supreme Creator and sovereign God. God, our Heavenly Father, is the only one we can be assured of who hears and answers our prayers. He is the God of amazing love, mercy, and forgiveness. As Catholics we may also direct our prayers to Our Blessed Mother and the Saints, who intercede for us to God.

By Him, all things are possible. Jesus says in Mark 10:27 "Humanly speaking, it is impossible. But not with God. Everything is possible with God."

Daniel 9:18 tells us: "We do not ask because we deserve help, but because you are so merciful." (Mercy means showing favor, compassion, and kindness.)

God's ultimate demonstration of love is forgiveness of the sins each of us have committed. "For God so loved the world that he gave his only Son, so that everyone who believes in him will not perish but have eternal life. God did not send his Son into the world to condemn it, but to save it" John 3:16-17

Other New Testament writers describe other ways to pray. Paul, in [Philippians 4:6](#) says that we should pray for everything with thanksgiving. Paul, who wrote several books of the New Testament, often began and ended his letters in prayer

for the saints. Specifically, Paul prays for God's grace, peace, love, and faith among believers.

Peter, in [1 Peter 5:7](#), exhorts us to cast all our care upon God, because He cares about us. In verse 8, Peter warns us that Satan seeks to devour the believer.

[James 1:5](#) says we can pray and ask God for wisdom, but this should be done in faith. [James 4:1-4](#) says that when we pray, we often pray or ask out of our own selfish ambition. [James 4:15](#) exhorts that we need to pray for God's will to be done in our lives.

In the Old Testament, Moses prayed to God almost constantly on behalf of the Israelites -- for God's mercy and graciousness in dealing with their sins. Abraham prayed persistently for his relative Lot, who lived in Sodom, that God would spare Him. [2 Chronicles 14:11](#) says Asa cried out to the Lord. Prophet Jeremiah prayed for God's guidance and correction of the Israelites ([Jeremiah 10:23-24](#)). David prayed for the peace of Jerusalem in [Psalm 122:6](#).

The protocol on how to pray covers several ways of prayer. The primary focus of prayer is the intent. Does the prayer honor God and exalt His name? What is the purpose behind the prayer? Is it personal gain or ambition? Do you pray for others to be blessed and encour-

aged? Are your prayers done in secret and in humility? Are your prayers focused on obtaining godly wisdom, counsel, and direction? God is pleased with these prayers and answers them.

How Often Are We To Pray?

The Bible says pray without ceasing ([Thessalonians 5:17](#)). What should we pray for? What if we do not know how to pray? The Bible says the Holy Spirit will help us pray ([Romans 8:26-27](#))

How Do We Pray To God?

Prayer is essentially putting your request, concern, or issue before the Lord, and trusting Him to answer them. [Matthew 18:3](#) says we need to pray with the heart of little children, simple, reverent, specific, and trusting.

There is nothing we can't pray about. There are abundant references to prayer in the Bible. The Bible tells us to "pray without ceasing" and "in everything give thanks to the Lord." When we choose to have a positive attitude, we realize we have received many blessings for which to give God praise.

We find intimacy with God through communicating with Him in prayer. We go to Him in faith, knowing that He hears and answers all our prayers. [1 John 5:14](#) Be confident that God knows and wants what is best for us; so ask that His will be done in all we seek from Him. Then, thank Him for it, even though it hasn't happened yet.