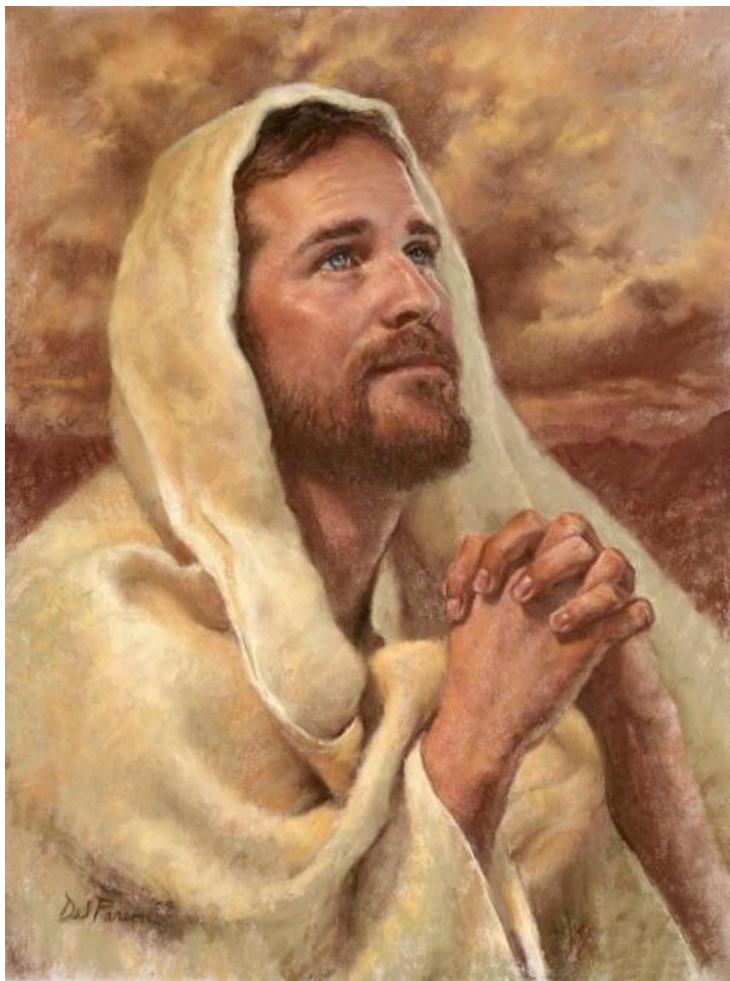


# Overview<sup>1</sup>

Why Pray?

How Pray?



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<sup>1</sup> Largely drawn from the leaflet 'Some Methods of Prayer' by Gerard W. Hughes – copies available, in several languages, in St Peter's Prayer Room for you to take away.

# Why Pray?

Essentially, we pray because He prayed. For Jesus, *prayer was relationship* with the Father. The same is true for us. We, too, are beloved children of God (1 John 3:1) and prayer helps us *realise* this.

As Gerry W. Hughes reminds us:

‘Real change in us and in our world has to begin in our minds and hearts, otherwise it will not happen. Prayer is about raising our awareness, about seeing our world differently. *It is the most revolutionary and liberating activity in which we can engage.*’

Overall, the invitation is to:

***Pray as if the God of Love was Real***  
and see where that takes us ...



## How Pray?

God prays in us. As St Paul says, 'The Spirit who lived in Jesus and raised Him from the dead, now lives in you' (Romans 8:11). So give the Spirit a chance and don't try too hard! Whatever way you pray, always be simple, honest, childlike. Pray from your heart to the heart of God, who loves and cherishes you unconditionally.

There are as many ways of praying as there are human beings! The following methods are only suggestions and are not presented as *the way* to pray, but may help you find your way, which is the best way for you:

- Becoming Still ... centreing ... listening ... a good way to begin any time of prayer
- Lectio Divina or 'Holy Reading' ... letting the Word speak to us ... *all* of us: heart, mind, spirit, body

- Imaginative Prayer from scripture scenes, especially Gospels ... entering into the Story
- The Examen or Review of the Day ... helping us see God's hand at work in our whole experience

Further resources for prayer can be found both in the Prayer Room and [here](#).

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