DERRY DIOCESAN CATECHETICAL CENTRE

LENT 2022

The Gift of Prayer

"The one who listens attentively to the Word of God and truly prays, always asks the Lord: what is your will for me?"

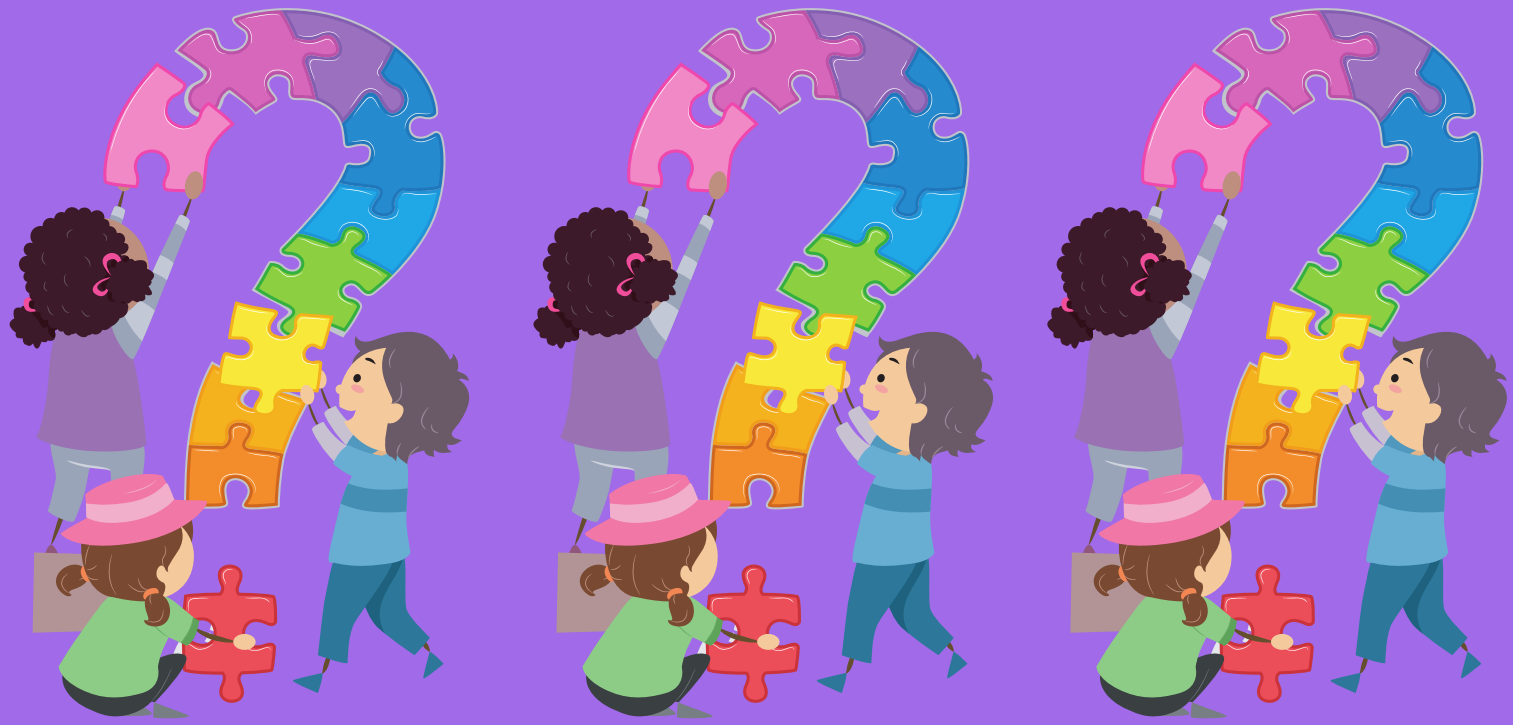
(Pope Francis)

Prayer

What is Prayer?

Why do we Pray?

How do we Pray?



Prayer

What is Prayer?

Why do we Pray?

PRAYER is our sacred way of listening to GOD and talking to GOD.

When we PRAY we are responding to GOD'S invitation to be in a close friendship with GOD.

Prayer describes our life in GOD - our life in JESUS.

In PRAYER what does GOD do? GOD looks at us lovingly and humbly. GOD opens his heart to us.

GOD reveals his presence in our lives. GOD reveals his love for us and his plan for us.

How do we Pray?

Out Loud

In Silence

Together

Alone

In Gratitude

In Praise

In Petition

There are many **DIFFERENT** ways to **PRAY**

Let's Pray in Lent

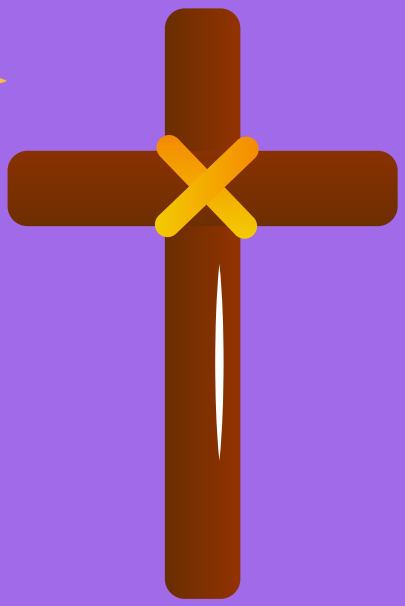
Guided Meditation

Praying in Colour

Prayer through Movement

Praying the Rosary

Prayer through Art



Praying the Stations of the Cross

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