

How can you learn to pray?



PRAY

My Lord and my God!

You look at me and you are not far away from me. Come closer towards me! Give me your affection. Spread out in me. Put those words into my mouth that reach you. Amen.



CONTEMPLATE

One person reads the Bible passage aloud.
Short silence.

Exchange: *What particularly appealed to you?*



STUDY

1. Read YOUCAT text sentence-for-sentence. Then one person reads the text aloud in full.
2. Three minutes of silence.
3. Each person reads a word or phrase aloud (without comment) that he or she has noticed.
4. Explain briefly in the next round why you have chosen the sentence (e.g. memories, questions, etc.).



DISCUSS

Also discuss your own questions on this topic!

Treasure Book: *Take five minutes to write down what you don't want to forget.*



CHALLENGE

Our **CHALLENGES** are just suggestions you can make in addition to your study guide meetings. You can also replace them with stronger, more fitting, more original or better ones. Just let us know at feedback@youcat.org.

#YOUCATChallenge: *Share your experience on Facebook or Instagram.*



Mk 11:24

Therefore I tell you, all that you ask for in prayer, believe that you will receive it and it shall be yours.

507 *What happens if you find that prayer does not help?*

Prayer does not seek superficial success but rather the will of God and intimacy with him. God's apparent silence is itself an invitation to take a step farther—in total devotion, boundless faith, endless expectation. 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]

Often we say: "I have prayed, but it did not help at all." Maybe we are not praying intensely enough. The saintly Curé of Ars once asked a brother priest who was complaining about his lack of success, "You have prayed, you have sighed ... but have you fasted, too? Have you kept vigil?" It could also be that we are asking God for the wrong things. St. Teresa of Avila once said, "Do not pray for lighter burdens; pray for a stronger back."

1. Is it possible to force God to do things when we just pray long enough?
2. Why is God sometimes silent when you pray?
3. Do you know anyone whose prayer was answered?
4. The fall of the Berlin Wall was brought about by a revolution without bloodshed, and by — as some people say — "candles and prayers". Is that possible?

Next week, pray the Our Father after waking up or before going to bed and take a 10-second pause after this phrase: "...Thy will be done!" Wish it wholeheartedly!

Do you accept this challenge?

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