



## WHY IS IT HARD TO PRAY?



**#470 WHAT PROMPTS A PERSON TO PRAY?** We pray because we are full of an infinite longing and God has created us men for himself.. Whether we avoid thinking about God or deny him—he is always there for us. He seeks us before we seek him; he yearns for us, he calls us. You feel lonely, have no one to talk with, and then sense that God is always available to talk. You are in danger and experience that a cry for help is answered by God. Praying is as human as breathing, eating, and loving. Praying makes it possible to resist temptations. Praying removes fear, increases energy, and gives a second wind. Praying makes one happy.

**#20 HOW CAN WE RESPOND TO GOD WHEN HE SPEAKS TO US?** To respond to God means to believe him. Anyone who wants to believe needs a heart that is ready to listen. In many ways God seeks contact with us. In every human encounter, in every moving experience of nature, in every apparent coincidence, in every challenge, every suffering, there is a hidden message from God to us.

## SAINTS & INSPIRATIONAL STORIES

### ST JAIME HILARIO BARBAL

St Jaime Barbal is an example of how prayer and a strong relationship with God can give you the courage to remain faithful to the end even in the midst of persecutions. He had an easy out to save his life, but he chose to remain faithful to God and was martyred for his faith.



### ST GEMMA GALGANI

St Gemma learned to love praying when she was very young and God spoke to her many times in prayer. People did not understand and made fun of her, but she still chose God and a life of prayer. Her prayer life made her joyful and inspiring.



GOSPEL



ANSWERS

*BUT WHEN YOU PRAY, GO TO YOUR INNER ROOM, CLOSE THE DOOR, AND PRAY TO YOUR FATHER IN SECRET. AND YOUR FATHER WHO SEES IN SECRET WILL REPAY YOU. IN PRAYING, DO NOT BABBLE LIKE THE PAGANS, WHO THINK THAT THEY WILL BE HEARD BECAUSE OF THEIR MANY WORDS. DO NOT BE LIKE THEM. YOUR FATHER KNOWS WHAT YOU NEED BEFORE YOU ASK HIM.*

**- MATTHEW 6:5-15**

## ANSWER IN YOUR OWN WORDS:

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