

HOW DO YOU MAKE TIME TO PRAY EVERYDAY?

**MEETING
GUIDE**

ANSWER IN YOUR OWN WORDS:

#469 WHAT IS PRAYER? Prayer is turning the heart toward God. When a person prays, he enters into a living relationship with God. Prayer is the great gate leading into faith. The effort to pray daily is part of Christian life.



#470 WHAT PROMPTS A PERSON TO PRAY? We pray also because we need to. Praying is as human as breathing, eating, and loving. Praying makes one happy.

#498 CAN YOU PRAY ANYWHERE? Yes, you can pray anywhere. Nevertheless a Catholic will always look also for those places where God "dwells" in a special way. Above all these are Catholic churches, where our Lord is present in the Tabernacle under the appearance of bread. It is very important for us to pray everywhere: in school, in the midst of our friends. But it is also important for us to visit sacred places, where God waits for us.

GOSPEL



ANSWERS

WHEN YOU PRAY, GO TO YOUR INNER ROOM, CLOSE THE DOOR, AND PRAY TO YOUR FATHER IN SECRET. YOUR FATHER KNOWS WHAT YOU NEED BEFORE YOU ASK HIM. MATTHEW 6:5-15

SAINTS & INSPIRATIONAL STORIES

GIUSEPPE LAZZATTI



Giuseppe Lazzatti was a man of faith and prayer. HE followed God's inspirations to be a leader in his community in politics and education. He was known to pray and go to daily mass, truly an example of making time for God.



CLARITA SEGURA

Clarita was known to be a good friend, giving time for everyone but never forgetting to set time for God. She was the first one who would invite her friends to pray with her.

TEAM DISCUSSION

TALK
ABOUT IT!

OF ALL THE THINGS
YOU DO IN A WEEK,
COULD YOU NOT TAKE
15 MINUTES AWAY
FROM ONE THING IN
ORDER TO GIVE
YOURSELF MORE TIME
TO PRAY? WHAT
ABOUT EACH DAY?
WHAT REALLY HOLDS
US BACK?