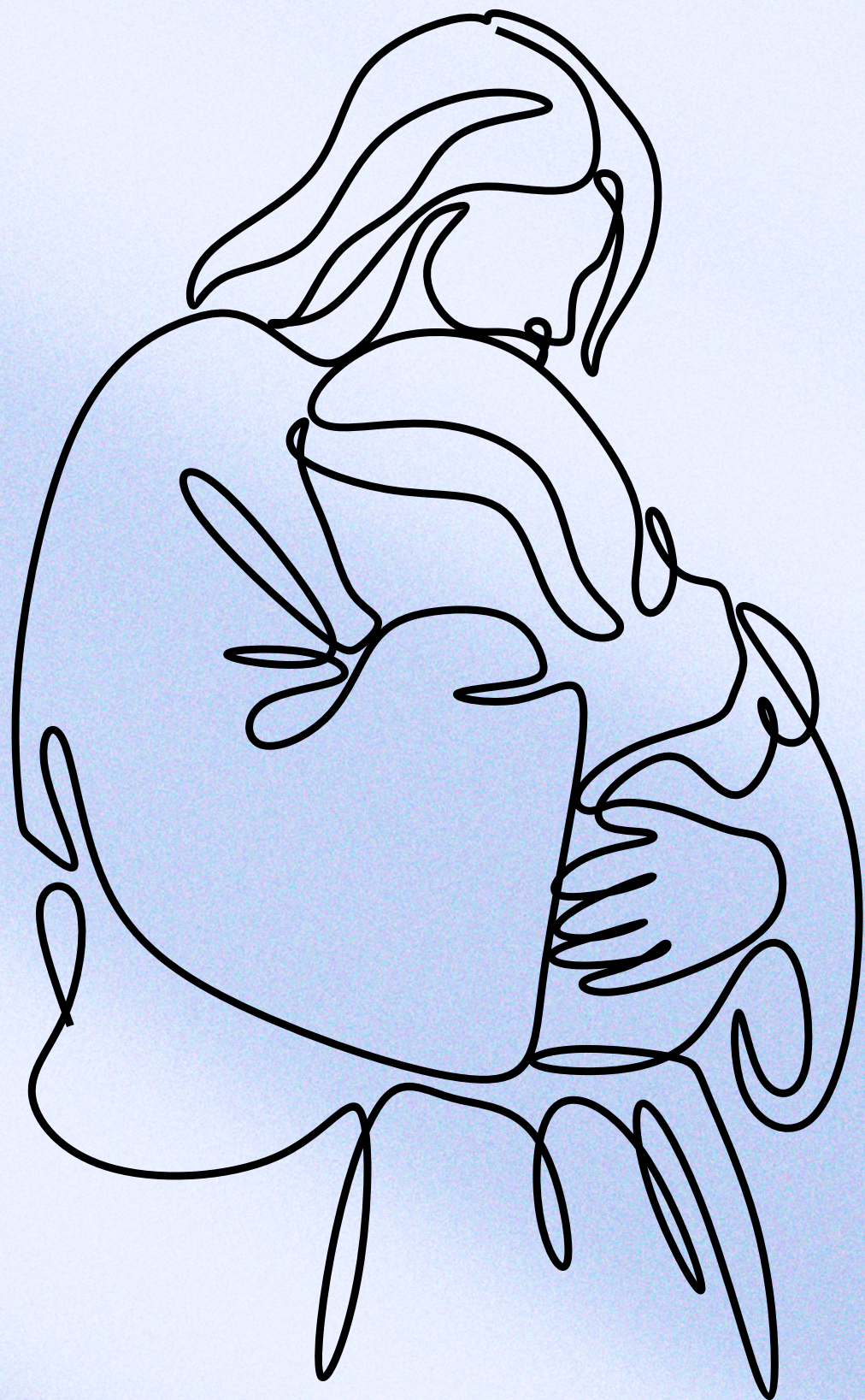




PARISH DAY OF LIVING ON
MISSION SLIDES

FAITHFUL PEN MINISTRIES

[HTTPS://FAITHFULPENMINISTRIES.COM/LIVING-ON-MISSION/](https://faithfulpenministries.com/living-on-mission/)



Prayer

— WHY AND HOW WE PRAY

Parish Day of Living on Mission
09/12/2026



for St. John Nepomucene Church
StJn.org



by Valerie Denor
FaithfulPenMinistries.com

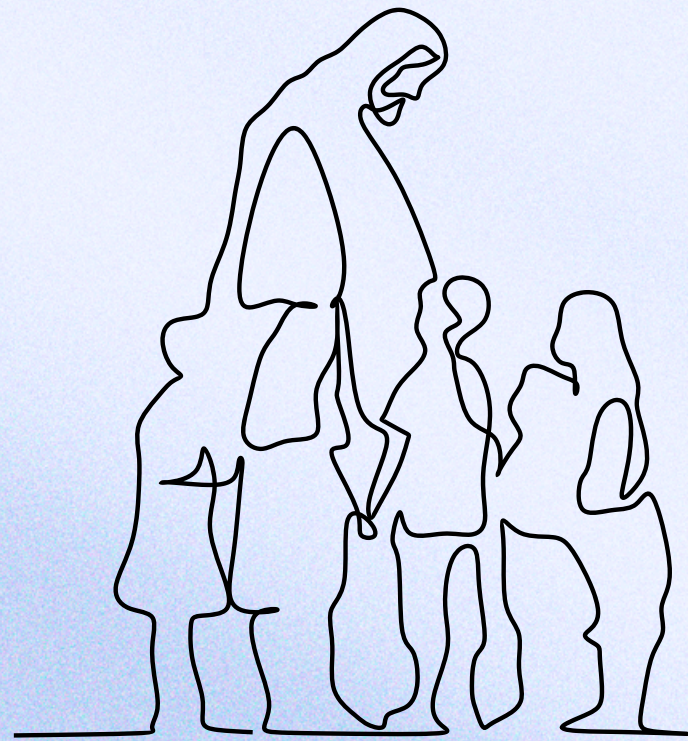
Agenda

- WHAT IS PRAYER
- WHY WE PRAY
- PRAYER ANXIETY
- HOW TO PRAY



Goal

TO SPEND
MORE TIME
WITH JESUS



What is Prayer

PRAYER IS THE RAISING OF ONE'S MIND AND HEART TO GOD.
(CCC 2558)

TRULY, I SAY TO YOU, UNLESS YOU TURN AND BECOME LIKE
CHILDREN, YOU WILL NEVER ENTER THE KINGDOM OF HEAVEN.
MATTHEW 18:3



Why We Pray

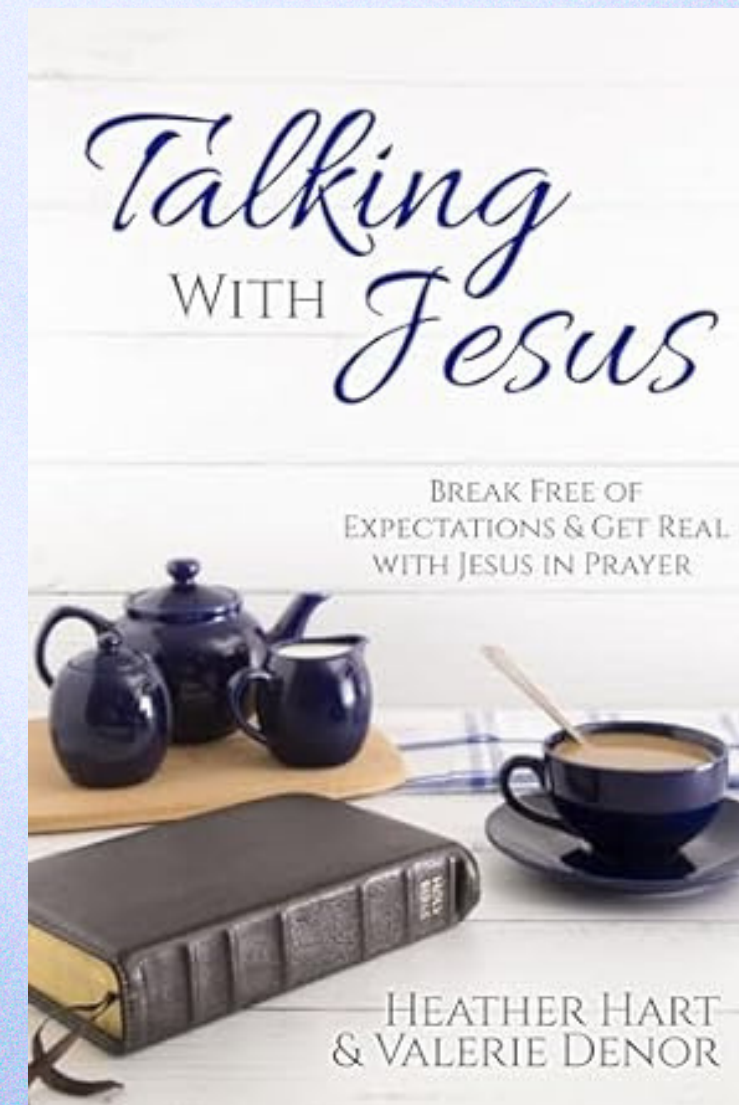
- PEACE
- PRAISE
- WORSHIP
- COMFORT
- DIRECTION
- CONVICTION
- BIBLE STUDY
- ASSISTANCE
- INTERCESSION
- SPIRITUAL GROWTH
- LEARN ABOUT OUR FAITH
- SHARING OUR FAITH
- DEFEND OUR FAITH
- REPOSE OF THE SOUL

**INTIMACY WITH THE FATHER,
THE SON, AND THE HOLY SPIRIT**

Talking With Jesus

HE MADE ME
HE KNOWS ME
ALL HE WANTS...

IS ME.



INVITE HIM IN AND ASK FOR SPECIFIC GRACES

*Ask
Him...*



Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.

Romans 8:26-27

Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!"

Mark 9:24

Jesus, I trust You. Help me trust You more.

Jesus I _____. Help me _____ more.

What Prayer Looks Like

SILENT
SPOKEN
SUNG
WRITTEN
MOVEMENT
SERVICE



ANGELS SANG
MUSICIANS PLAYED
DAVID DANCED
PRIESTS SACRIFICED
MARY LISTENED
ABRAHAM SERVED
SCRIBES WROTE

ALL OF THESE RAISE ONE'S
MIND TO THE HEART OF GOD.

On the Go



IT IS ENOUGH FOR ME TO
PICK UP BUT A STRAW
FROM THE GROUND FOR
THE LOVE OF GOD.

— BROTHER LAWRENCE

Simple Prayers



- “JESUS, JESUS, JESUS...”
- SIGN OF THE CROSS
- JESUS, HELP ME
- BREATHING WITH SCRIPTURE
INHALE: BE STILL AND KNOW...
EXHALE: THAT I AM GOD.

Intercession



Intercession is a prayer of petition which leads us to pray as Jesus did. He is the one intercessor with the Father on behalf of all men, especially sinners. He is “able for all time to save those who draw near to God through him, since he always lives to make intercession for them.” The Holy Spirit “himself intercedes for us ... and intercedes for the saints according to the will of God.”

CCC 2634

The witnesses who have preceded us into the kingdom, especially those whom the Church recognizes as saints, share in the living tradition of prayer by the example of their lives, the transmission of their writings, and their prayer today. They contemplate God, praise him and constantly care for those whom they have left on earth. When they entered into the joy of their Master, they were “put in charge of many things.” Their intercession is their most exalted service to God’s plan. We can and should ask them to intercede for us and for the whole world.

CCC 2683



Prayer Frameworks

- ROSARIES
- NOVENAS
- CHAPLETS
- LECTIO DIVINA

ACTS

ADORATION
CONFESSION
THANKSGIVING
SUPPLICATION

PRAISE

PRAISE
REPENT
ASK
INTERCEDE
END WITH SCRIPTURE

A Few Ways to Pray

- MUSIC
- EXAMEN
- GRATITUDE
- JOURNALING
- PRAYER GROUPS
- PRAYER TEXT THREADS
- MEMORIZING SCRIPTURE
- PRAYING WITH THE SAINTS
- EMBRACING DISTRACTIONS
- PRAYING THE NAMES OF GOD



Families & Prayer

The Christian family is the first place of education in prayer. Based on the sacrament of marriage, the family is the “domestic church” where God’s children learn to pray “as the Church” and to persevere in prayer. For young children in particular, daily family prayer is the first witness of the Church’s living memory as awakened patiently by the Holy Spirit. (CCC 2685)

Ordained ministers are also responsible for the formation in prayer of their brothers and sisters in Christ. Servants of the Good Shepherd, they are ordained to lead the People of God to the living waters of prayer: the Word of God, the liturgy, the theological life (the life of faith, hope, and charity), and the Today of God in concrete situations. (CCC 2686)

Heart Posture

PRAY IN OBEDIENCE FOR GOD'S WILL (MATTHEW 8:10)

DO NOT PRAY FOR APPEARANCES (MATTHEW 6:6)

PRAY WITH GRATITUDE (PHILIPPIANS 6:4)

DO NOT PRAY IN VAIN (MATTHEW 6:7)

PRAY DILIGENTLY (MATTHEW 7:7-8)

PRAY WITH HUMILITY (LUKE 18:14)

PRAY IN TRUST (PSALM 62:8)

