

PRAYER

Prayer is the expression of a personal relationship with God. It is the lifting of mind, heart, and soul to God. In prayer, we become consciously aware of God's presence and open ourselves to the life we are called to share in God.

Prayer is communion with the One "in whom we live and move and have our being," the One from whom all life comes and in whose image we are created. It is in prayer that we come to recognize, remember, and receive the depth of God's love and the generosity of God's self-gift. Within the human heart there is always a center, a sacred place, that continually draws us toward God—our true home.

Prayer also reminds us that God is always present to us, even when we are not present to God. It makes visible the truth that God's presence permeates every aspect of daily life and every human experience. Each person carries within them the presence of God and, in Christ, is called to reflect that presence in the world. In this way, prayer affirms that no one is ever alone.

Prayer requires presence—the presence of mind and heart. It involves the use of the intellect, the ordering of time, and the intentional focus of attention. In prayer, we place ourselves before God in trust and love, seeking communion with the One who is already present to us and who sustains us in being.