



Prayer nourishes the soul.

In the month of January, we will discuss the second pillar of Stewardship - Prayer.

“In those days He departed to the mountain to pray, and He spent the night in prayer to God.” (Luke 6:12) Yes, Jesus prayed often (ex.: Mark 1:35, Matt 14:23, Matt 26:36). Jesus even taught us to pray (Matt 6:5-13). Prayer nourishes our soul. Perhaps the biggest prayer of all is the Mass, and more specifically the Eucharist, where we actually receive our Lord to nourish our soul. It’s in the Eucharist that we again recognize our total dependence upon God for everything. Prayer is as necessary to our souls as food is to our bodies. Through prayer we receive God’s abundant graces necessary to grow in holiness, which is the perfection of our love for Him. Through prayer we nurture our personal relationship with Him. Prayer takes deep root when we practice and seek to become strengthened in faith, hope, and love of our Lord.

Reflections:

- Where do I feel the presence of God the most when I pray (i.e. church, home, with a friend)?
- Do I set aside time to pray?
- How has God answered my prayers?
- What kind of prayer has the greatest impact on nourishing my personal relationship with Jesus?
- In every need, let me come to you with humble trust saying, Jesus help me!

Prayer in Action:

- Increase your prayer time with the Lord.
- Prioritize family prayer (meals, bedtime,)
- Set aside time to participate in a daily devotional (could be a book or phone app for easy access and reminders)
- Consider attending a retreat. Maybe a silent one focused on reflection and prayer.

Stewardship and Discipleship Committee - Steve & Ellen Bowman, Dave & Linda McCabe, Bryan & Jennifer Van Dyke, Chuck & Laurie Bolsen, Jill Driscoll, Marci Rockey, Jan Mudd