

# MISSIONARY DISCIPLESHIP

## Exploring God's Love through Prayer

A disciple isn't just someone who follows and obeys God, but more importantly, one who is simply a friend of Jesus. Just like with our close friends and family members, we nurture our relationships with another by sharing our joys, fears, and hopes with them in conversation. When we do this with God, we are engaging in prayer.

In Scripture Jesus often set time aside to pray to His Father. It's from this prayerful relationship with His Father that He was given strength and peace on His journey, right up until His crucifixion, where He prayed to His Father in the Garden of Gethsemane. By talking to God as we would a loved one, we come to know Him and receive His grace. Yet, in addition to being able to talk to Jesus in our own words, the Church has also given us a rich tradition of ways to pray to help guide us. From saying the "Our Father," to meditating on scripture, to contemplating Jesus in the Eucharist, there are endless ways to pray to God as His disciples.

It is in prayer that we not only talk to God, but also hear Him speak to us in the depth of our hearts. The more we pray, the more we will want to pray: and the more we will come to know Jesus and how He wants us to live as His disciples. In the words of Saint John Vianney, "Prayer is the inner bath of love into which the soul plunges itself." May we plunge ourselves in God's love more and more each day!



### Lenten Reflection Questions:

What is your favorite way to pray (the rosary, reading scripture, at Mass, etc.)?

How has praying in the past helped you in your life?

How can you set aside just 10 to 15 minutes each day to spend time in prayer? What gets in the way of praying every day?