

Relationship to Jesus through prayer

Introduction: When posed with a question on prayer, often times High schoolers have an attitude of indifference. They come up with questions like ... Is it cool to be a person who prays? My friends don't pray, Should I be like that pious guy who always pray. I don't want to be left alone when all my friends have nothing to do with prayer I believe in God. I think I am ok with that. But prayer? More prayer? No. It's only the weak who always wants to pray. I believe in myself and I want to do things my way. I am fine to go to church with my family. That's enough for me now..... Christianity is a relationship to Jesus Christ, not a concept or a feel-good club. How can Jesus change your life? How can this true God and true Man, who walked the earth 2000 years can bring a true meaning to your life? It is through prayer. If you have an ache in your heart to be filled... if you feel abandoned... if you are feeling worthless... or angry of what is going on in your life and in the world around you... if you are looking for a purpose... or if you are finding it hard to take things which life throws your way, then a true relationship with Jesus through prayer can change your life, better forever.

PART 1: Why should we pray and how should we pray?

1. The best things are often hidden within us

One of the best things about the human mind is that it always keep searching. Jesus is always present with us. How many times we feel that prayer is a burden? Or boring? This is because we forget the fact that without God we cannot exist. God is more real and necessary than the air we breathe.

2. The invisible does affect the visible

Our actions are driven by our thoughts and desires. Our thoughts and desires are invisible but they have the power to define our very life. If your thoughts and desires were flawed, you actions are more likely to be flawed as well. If your thoughts and desires are rightfully your actions would reflect those rightful inner thoughts of yours.

3. Called to fly high

The more you grow the more you find that you need to grow. Life is not easy if we try to take it ourselves. When we pray, we allow God to carry our burden. And we will fly high, enjoying all the great things God has given in our lives. Fly high with the power of prayer.

4. Prayer in it's best

You know that once you go back to your friends and to your Instagram and your Tiktok, things are not the same. The influences of impurity, depression, feeling of unworthiness, anger, resentment, loneliness may visit you again.



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PART 2: Prayer as an antidote to some specific sins

1. Chastity: There are several ways to describe Chastity. And one of the ways is to say that Chastity is orient our sexual passions and desires for the right purpose as God intended them to be As Saint John Paul II explained in the Theology of the Body, to see the other as person where God dwells rather than seeing them as objects for my personal gratification. If you think you are called to the Married life, save you heart and body so that you can share to your beloved in the married life. If you are called to other vocations, God will give you the grace to rightfully guard your desires and passions. Chastity is possible only with God's help. Human capacity may fail. Today's culture offers the momentary passions in the acts fornication, masturbation, homosexuality, pornography and so on. To guard yourself when you are out there you need a strong prayer life. If you are a person who prays, God will be there to guard you. Prayer help with self-control. Prayer makes you lead a chaste life.

2. Anger: We may experience anger in various degrees and sometimes it may flare up and explode too. But if we look deeper into ourselves, we may find that anger is feeling of abandonment, unloved and loneliness. When we pray, we slowly discover the truth that we are sons and daughters of God, our heavenly father. As we grow in prayer this true identity becomes deep rooted in us that we find all others also as God's beloved children. This brings a deep sense of belonging and meaning. This connects us to God in a way that whatever happens to us, we always find refuge in God and anger will vanish from our lives. This also connects us to others in a way that I feel belonged to my brothers and sister and I won't feel lonely anymore. You may have heard this: A person who is angry is like someone trying to walk through a thick smoke not knowing where he/she is heading and not seeing things clearly. Anger blinds us. Prayer is the smoke detector and smoke remover.

Video:

https://www.youtube.com/watch?time_continue=6&v=NeZvochYLu0&feature=emb_logo (Do you pray)

https://www.youtube.com/watch?time_continue=2&v=wXagfyD5Kwk&feature=emb_logo (Moment where faith kicks in)

Discussion:

1. Do you say personal prayer daily and do you have conversation with God?
2. Does prayers of the faithful release God's blessings, compassion, comfort, provision, and spirit?
3. Do you thank him for all the blessings you have received? And ask for God's will?
4. Are you scared of the ongoing pandemic and do you believe God has a plan?
5. Do you believe that purpose of life doesn't end here in earth and we are called to be saints in heaven?
6. Do you Pray the word (read scripture and memorize)?

