

## Lesson 30 – Prayer

You are almost ready to receive your First Holy Communion. You are growing in your Faith. You will be living a more sacramental life. That means you should receive the sacraments of Eucharist and Reconciliation regularly. It is very important. You must also be a person of prayer. Prayer should be a part of your life every single day.

What exactly is prayer? Prayer is our conversation with God. Just as you could not have a relationship with another person without spending time together and talking to each other, we need to do the same with God. Any time we talk to God, it is prayer. We can use the words of prayers that we have learned, like the Our Father and the Hail Mary, or we can use our own words. In fact, we should do both.

Prayer is not only talking to God; it is also thinking about Him and listening to Him. Spending time in silence and giving God our attention is also a form of prayer, called mental prayer. Any time we direct our minds and hearts to God, it is prayer.

Liturgical prayer is prayer that we can do together as a Church. The Mass is the greatest liturgical prayer. Singing religious songs can be prayer; so can reading the Bible. There are so many ways to pray. The important thing is that we talk to God, give Him our attention, and spend time with Him. That is prayer.

We can pray anywhere – in a church, in our bedroom, on a soccer field, anywhere. The important thing is just to do it, often. We should never let a day go by without prayer. If you are a person who is dedicated to prayer and the sacraments, you will become a happy and holy person.