

27. We should pray for ecclesial communion. [2689](#)
28. Meditate to understand the Christian life. Use sacred books. [2705](#)
29. Meditate to discern what God wants of you. [2706](#)
30. Seek God in contemplation. [2710](#)
31. To know Him be attentive, fall in love with Him. [2724](#)
32. We should pray to know what God wants from us. [2736](#)

#### How to Pray - Attitude

33. *Humility* is the foundation of prayer; when we acknowledge that we do not know how to pray as we ought we are ready for the gift of prayer. [2559](#), [2613](#)
34. If our heart is far from God, the words of prayer are in vain. Our prayer is expressed in our deeds. He "prays without ceasing" who unites prayer to works and good works to prayer. We must desire to do His will if we are to pray. If we want God to act on our prayers we must be righteous. [2562](#), [2582](#)
35. Simplicity and spontaneity are good. Prayer is sustained by praise. [2589](#)
36. In prayer we should place the will of God before our human will. [2605](#)
37. Talk to God as if you care. [2606](#)
38. We must pray with boldness and confidence. [2571](#), [2610](#)
39. We must be patient and persistent in prayer. Prayer is a battle of faith and is the triumph of perseverance. [2612](#), [2613](#)
40. We pray as God wishes by offering our whole being to him. [2617](#)
41. The perfect prayer involves loving adherence to the will of God and absolute confidence in being heard. [2620](#)
42. Our first attitude must be one of adoration. We acknowledge we are creatures and He is creator, and exalt His greatness. [2628](#)
43. Our petitions must be centered on the desire for God's kingdom. [2632](#)
44. If you wish your prayers to be heard, pray with fervor. [2700](#)
45. We must pray with our whole being to give all power possible to our supplication. God wants to hear our voice. [2702](#)
46. To pray successfully we must be determined. We must fight the enemy and ourselves. [2725](#), [2752](#)
47. To overcome dryness in prayer we must persevere, trust, and be humble. [2728](#)
48. If you experience dryness in prayer it may show a need for conversion of your heart. [2731](#)
49. If we prefer to think of other things when we pray our real loves are revealed. [2732](#)
50. Presumption leads to carelessness in prayer. [2733](#)
51. Be more concerned whether your prayer is acceptable to God and less whether it will be answered. [2735](#)
52. Christian prayer should cooperate with God's plan. [2738](#)
53. Our prayers must be absolutely united with Jesus. [2741](#)
54. We can only pray constantly if we love constantly. [2742](#)
55. We must have humility, trust, and perseverance. [2753](#)

# Christian Prayer

## A Summary of the Teachings from

# *The Catechism of the Catholic Church*

This brochure summarizes the teaching of the Catechism. Each of the statements includes a reference to the section of the Catechism from which the statement was based.

## What is Prayer?

1. Living in a deep personal relationship with God, in the faith that He has revealed is prayer. [2558](#)
2. When we look toward heaven, we are praying. [2558](#)
3. Realize that God speaks to us first. He wants us to speak to Him. [2560](#), [2566](#), [2567](#)
4. It is the whole man who prays. [2562](#)
5. The life of prayer is the habit of being in the presence of the thrice-holy God and in communion with him. This communion of life is always possible because, through Baptism, we have already been united with Christ. [2565](#)
6. Christian prayer is a covenant relationship between God and man in Christ. [2564](#)
7. If we obey God we will be conformed to His likeness. [2572](#)
8. Prayer will give us strength. [2577](#)
9. We sin if we cease to pray to God. [2578](#)
10. God reveals Himself to us when we are in prayer. [2579](#)
11. God will reveal Himself to us at His time, not ours. [2583](#)
12. Prayer is a battle; only by keeping watch in prayer can one avoid falling into temptation. [2573](#), [2612](#)
13. The fruit of prayer is love. Love means keeping God's commandments. [2570](#), [2614](#)
14. Jesus always responds to a prayer offered in faith. [2615](#), [2616](#)
15. The consecrated life cannot be sustained or spread without prayer. [2687](#)
16. The Christian family is the first place of education in prayer. [2685](#)
17. Contemplation seeks to know God. [2724](#)
18. Realize that prayer is more than a mental activity. [2726](#)
19. Prayer goes beyond reason and beyond the world we see. [2727](#)
20. For it is impossible for the man who prays eagerly and invokes God ceaselessly ever to sin. [2744](#)

## How to Pray - Preparation

1. We need education in faith and a conversion of heart in order to pray properly. [2581](#)
2. Study the Psalms if you want to know how to pray. [2587](#)
3. We must teach our children to pray. [2599](#)
4. We need to convert our hearts and reconcile with others in order to pray. [2606](#)
5. Our prayer must be founded on the faith of the apostles, made authentic by our charity, and nourished by the Eucharist. [2624](#)
6. Choose a spiritual director carefully; if he succeeds in directing you, you will be like him. [2690](#)

## How to Pray - Time for Prayer

7. We must pray at all times. [2633](#)
8. We must speak to God frequently and face to face if we want to remain faithful to our mission. [2576](#)
9. We should always pray before decisive moments. [2600](#)
10. We should pray in solitude often. [2802](#)
11. Pray in the church and set aside a proper place in your home for prayer. [2696](#)
12. If we wish to pray at all times we must pray at specific times. [2697](#)
13. Establish a rhythm to your prayer life. [2698](#)

14. You must desire to meditate regularly if you don't wish to see your faith fade. [2707](#)
15. We should read Scripture frequently and always with prayer. [2653](#)

## How to Pray - Techniques of Prayer

16. We have access to the Father only if we pray in the name of Jesus. [2664](#)
17. The simplest way of praying is to invoke the name of Jesus. [2668](#)
18. The Church invites us to call upon the Holy Spirit at the beginning and end of every important action. [2670](#)
19. Prayer is primarily addressed to the Father. [2680](#)
20. If you get distracted, just turn back to God. [2729](#)

## How to Pray - Subjects of Prayer

21. We should pray for others. [2602](#)
22. Dare to intercede for others with bold confidence. [2571](#)
23. We must pray to God for our daily needs and for forgiveness if we want Him to be revealed to others through us. [2580](#)
24. We should contemplate all that God has done in our hearts. [2599](#)
25. Praise should give God glory for who He is, not just for what He does. [2639](#)
26. It is good to begin prayers with thanksgiving. Every event and need can become an offering of thanksgiving. [2603](#)
27. The first step when petitioning God is asking forgiveness. It is necessary for righteous and pure prayer. [2631](#)
28. We should pray for the interests of others, even those who do us harm. [2635](#)