

The Pray More Advent Retreat

Inspiring talks to help you
prepare to celebrate the
birth of our Lord,
Jesus Christ



What the “Our Father” Teaches Us about Prayer

by Stephen Beale

Reflective Questions

“Have no anxiety at all, but in everything, by prayer and petition,
with thanksgiving, make your requests known to God.”

-- Philippians 4:6

- Prayer is a vital source of grace and is very important because it unites us with Christ. To get the most out of prayer we need to prepare ourselves. How do you prepare yourself to pray? In other words, how do you place yourself in the presence of God?
- What can you do today to prepare to meet God through prayer? How has the Lord accompanied you in your life? How is he with you now?
- Sometimes it can feel like we are alone when we are praying, that we are praying to God and that the discussion is one sided. It is true that we initiate prayer to God but the truth is that prayer is something that we do with God. It is a conversation with Him. We can talk with and to a living God who really does hear us! When have you felt the closest with God in prayer?
- The Our Father prayer helps us to keep our desires or priorities in order. The prayer teaches us what is most important which is to praise God, belong to His kingdom and to live according to His will. When was a time that your priorities got out of order? What happened and what did you do to put them back in order?

- In the prayer, the Our Father, our daily bread (or our material needs) will be provided by God. Do you give thanks each day for your blessings and needs that are met? What can you do each day to make gratitude to God a more purposeful act?
- When we pray, our attitude matters more than the words that we say when we pray. The act of prayer is what matters the most because God will supply our words for us. How does God speak to your heart? Do you take time to slow down and retreat from your daily routine? During Advent, take time each day to listen to God.
- We are in a broader community of Christians and we are connected with them when we say the Our Father prayer. As much as prayer by yourself is important it is also good to pray in community or in a group. This Advent seek out opportunities to pray with others. You could go to a church that offers daily prayer services, go to a adoration or a praise and worship service, pray with your family or with friends. What is your favorite form of group prayer?