

## FROM THE PASTOR

My brothers and sisters,

Over the last few weeks I have written about the importance of prayer, as well as the importance of silence in order to pray. A lot of people ask the question, though, “How *do* I pray?” It doesn’t help to say, “Pray” and then not tell you how.

There are so many right ways to pray out there, but I will share *one* way to begin your prayer journey – the commitment to pray each day. This is called “The Prayer Process” and can be found in Matthew Kelly’s book *Four Signs of a Dynamic Catholic*.

1. **Gratitude** – We start by thanking God for the graces and gifts He has given you today.
2. **Awareness** – You look over the last 24 hours and talk to God about the areas which you have failed to be the best-version-of-yourself.
3. **Significant Moments** – Look over the day and look to see what God might be saying to you through key moments, events, or people.
4. **Peace** – Ask for forgiveness for any wrongs you have done to God, others, or yourself, and ask for the gift of peace.
5. **Freedom** – Talk to God about how He wants you to change your life and so experience the freedom you need to be the best-version-of-yourself.
6. **Others** – Offer to God the other people in your life that you see are in need of prayer.
7. **Our Father** – End this prayer time by talking to your Daddy as Jesus taught us.

A few things to think about:

-Don’t bite off more than you can chew. If you can’t do all of these things every day, start with what you *can* do – maybe just begin by thanking God for all of the wonderful blessings of the last day, and then conclude with an *Our Father*. That could be one minute – you can give God one minute.

-Make sure it’s personal. God wants a conversation with you, not a laundry list or a beautifully recited prayer. He’s interested in a *relationship with you*, not lip service

In these final days before Christmas, may we prepare a great birthday gift for God – the gift of our hearts in prayer!