

## God speaks....are you listening?

### Prayer - Part Three

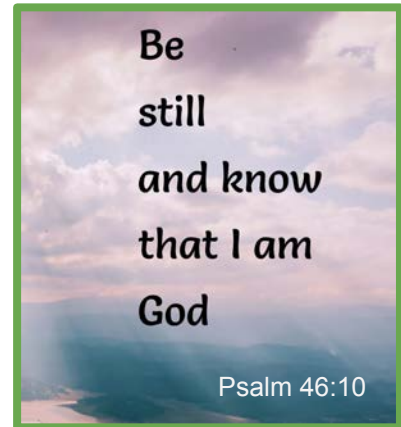
The Catechism of the Catholic Church refers to prayer as a gift, as covenant and as communion. Today we will look at prayer as communion, the living relationship which the New Covenant provided. "the life of prayer is the habit of being in the presence of the thrice-holy God and in communion with him" (CCC 2565). In any relationship, speaking is not the only action. The act of listening draws us into a better understanding and knowledge of each other. The same is true as we nurture our relationship with the triune God. So, does God speak to us? How do we listen?

"One of the richest forms of prayer can occur when the heart is absolutely quiet. As the psalmist says, "Be still and know that I am God" (Psalm 46:10)([FranciscanMedia](#)) In this era of noises and distractions, the quieting of one's heart and mind takes practice. This "Prayer of Quiet" is known as contemplative prayer. "Contemplative prayer is the simplest expression of the mystery of prayer. It is a gift, a grace...Contemplative prayer is a covenant relationship established by God within our hearts. Contemplative prayer is a communion in which the Holy Trinity ... (CCC 2713) Some refer to contemplative prayer as a communion of love and a gaze of faith. Contemplative prayer can be of any duration of time, and this can be built upon with practice.

Prayer-ers at all ages need to take time to listen, even young children. As parents, your goal with very young children is to simply model quiet prayer. Lead your child into a posture of prayer - closing eyes, being quiet, listening to what God is saying. For older children and teens, meditative prayer may be a way to still the heart and listen to God. Guided meditations engage thought, imagination, emotion and desire. See [TeachingCatholicKids](#) "Introducing Catholic Kids to Contemplative Prayer" for more information.

Try this guided meditation with your children:

[God Loves You So Much](#) (YouTube)



## THREE TYPES OF PRAYER



VOCAL



MEDITATIVE



CONTEMPLATIVE

## Links for More Ideas, Activities & Resources FYI

- [Teachingcatholickids.com](#) - *Introducing kids to contemplative prayer (Young children faith builder)*
- [Teachingcatholickids.com](#) - *Meditative prayer for Catholic kids (Young children faith builder)*
- [McGrathBlog.nd.edu](#) - *How to practice centering prayer to pray and be with God (Adult faith builder)*
- [Youtube.com](#) - *Jumping in On Prayer Chris Padgett (Teen faith builder)*
- [Vimeo.com](#) - *Beginning of Holiness with Mother Teresa (Faith builder for all ages)*