

## “Prayer is a Covenant”

Last week was the first in a series on prayer for our BuildingFaith@Home articles. We shared some ways to incorporate prayer in your daily routines, which were all good tips....but the question of “why pray” was not answered. So, why is prayer so important

“Prayer is a covenant relationship between God and man in Christ” (CCC 2564). That leads to another question, “What is a covenant?” A covenant is a sacred agreement between God and man. In the Old Testament, we learn of God’s covenant with creation through Adam and also Noah in the Book of Genesis. Later, God makes a covenant with Abraham and his descendants. In the Book of Exodus, God makes a covenant with Israel through Moses. After being in the Promised Land, God makes another covenant with David and his sons. “In each covenant the story of salvation advances a step further as the Lord takes the initiative to save”(Hunter&Wellum, pg 180). All the covenants reach their fulfillment with, through and in Jesus Christ. The promise of a savior was and is given to humankind! But the covenant for salvation is that we remain in Him.

We are in the grace of God and called to remain in that grace; “In the New Covenant, prayer is the living relationship of the children of God with their Father who is good beyond measure, with his Son Jesus Christ and with the Holy Spirit”(CCC 2565). God is calling us into a personal relationship of the children of God with theirFather who is good beyond measure, with his Son Jesus Christ and with the Holy Spirit” (CCC 2565).

God is calling us into a personal relationship with him, from the grace of the Sacraments, as members of the Church and then in each unique relationship with his children. We are each one of God’s sons and daughters. God wants each of us to spend time with Him and remain in the covenant of salvation through Jesus. “Prayer helps us remain within that covenant. In a real way, prayer is the means by which we live out our salvation” (Rossini).

Remaining open to God in prayer helps us fulfill our part of the covenant. “Prayer brings us into an increasing communion with the Holy Trinity. It gives us the promised grace to continue to be faithful. Without prayer, we risk falling away” (Rossini, 2020).

Bottomline...prayer is the opportunity to allow Jesus Christ to be in our hearts so that we remain with God. And with that comes the joy of living in the Light, being a disciple and knowing that we are never alone or separated from the love of God.

Hunter,T & Wellum,S.: *Christ from Beginning to End*, Zondervan, 2018

Rossini, Connie: *Prayer is a Covenant and Communion*.  
<<https://catholicvoiceomaha.com/prayer-is-a-covenant-and-a-communion/>> Feb. 20, 2020.

Catechism of the Catholic Church (CCC)



BLESSING & ADORATION



PETITION



INTERCESSION



THANKSGIVING



PRaise

## Links for More Ideas, Activities & Resources FYI

[Catholicculture.org](http://Catholicculture.org) - *Prayer in the Christian Life (Adult Faith builder)*

[Loyolapress.com](http://Loyolapress.com) - *A Family Prayer (Family faith builder)*

[Ibelieve.com](http://Ibelieve.com) - *“How to make a family covenant with your kids” (Family faith builder)*

[Buffalodiocese.org](http://Buffalodiocese.org) - *“Special Activities for Family Prayer” (Family faith builder)*

[Syracusediocese.org](http://Syracusediocese.org) - *“Prayer Intentions” (All ages - send your prayer intentions)*

[Youtube](https://www.youtube.com) - *How do I pray? Chris Stefanick (Teens & Young Adult faith builder)*



Our website [RCfaithquest.syrдио.org](http://RCfaithquest.syrдио.org) has many ideas during this Ordinary Time!

