

# FAITH & PRAYER

Talk and Discussion  
Lent 2018

# FAITH

1. What is Faith?
2. What strengthens our Faith?
3. What weakens our Faith?

# FAITH

1. Faith is a Gift.
2. It can be sought.
3. Often it is caught not taught, my Faith probably came through another person/persons.
4. Faith is strengthened by being part of a community.
5. Doubts are part of Faith.

# FAITH

6. Faith needs to be fed.
7. It is necessary to be open even to what you don't believe.
8. Faith is also a choice, I choose to believe even though I have doubts, I have made a general choice to go to Mass which helps me on the Sundays I might be tempted to miss.
9. In a family, Faith can skip a generation.
10. Faith is above reason but not contrary to it.

# FAITH

St James 2:14, 17, 18

- Take the case, my brothers, of someone who has never done a single good act but claims that he has faith. Will that faith save him? Faith is like that: if good works do not go with it, it is quite dead. I will prove to you that I have faith by showing you my good deeds – now you prove to me that you have faith without any good deeds to show.

# FAITH

- Overview of Faith group already operating in the Parish:  
(feedback given at this point on behalf of the group describing their experience)
- Although this group is focussed on discussions about Faith similar groups “home groups” could form to focus on prayer or scripture, maybe the readings for the coming Sunday. Whatever the groups want to explore.

PRAYER

# PRAYER

There are many ways of praying we all need to find out what works for us. There isn't a right or wrong way of praying.

Prayer can be very formal/structured

- Divine Office (Morning and Evening prayer)
- Rosary
- Set prayers such as the Our Father and Hail Mary
- Reading and meditating on a piece of scripture (Lectio Divina)
- Contemplative prayer
- Prayers of intercession



# PRAYER

There are some things that can help us with our structured prayer:

A routine:

- A set time
- A comfortable quiet place
- A normal way of starting off
- A list of issues or people you wish to pray for
- Choosing a piece of scripture before you start
- A pencil and paper to write down distractions!

Or prayer can be very informal – just talking to God as you go about your daily life

# Final prayer

The disciples said to Jesus:

“Lord, teach us to pray, as John taught his disciples.”

In the same way we ask that you teach each of us how to pray.

He said to them, “When you pray, say:

Our Father.....