



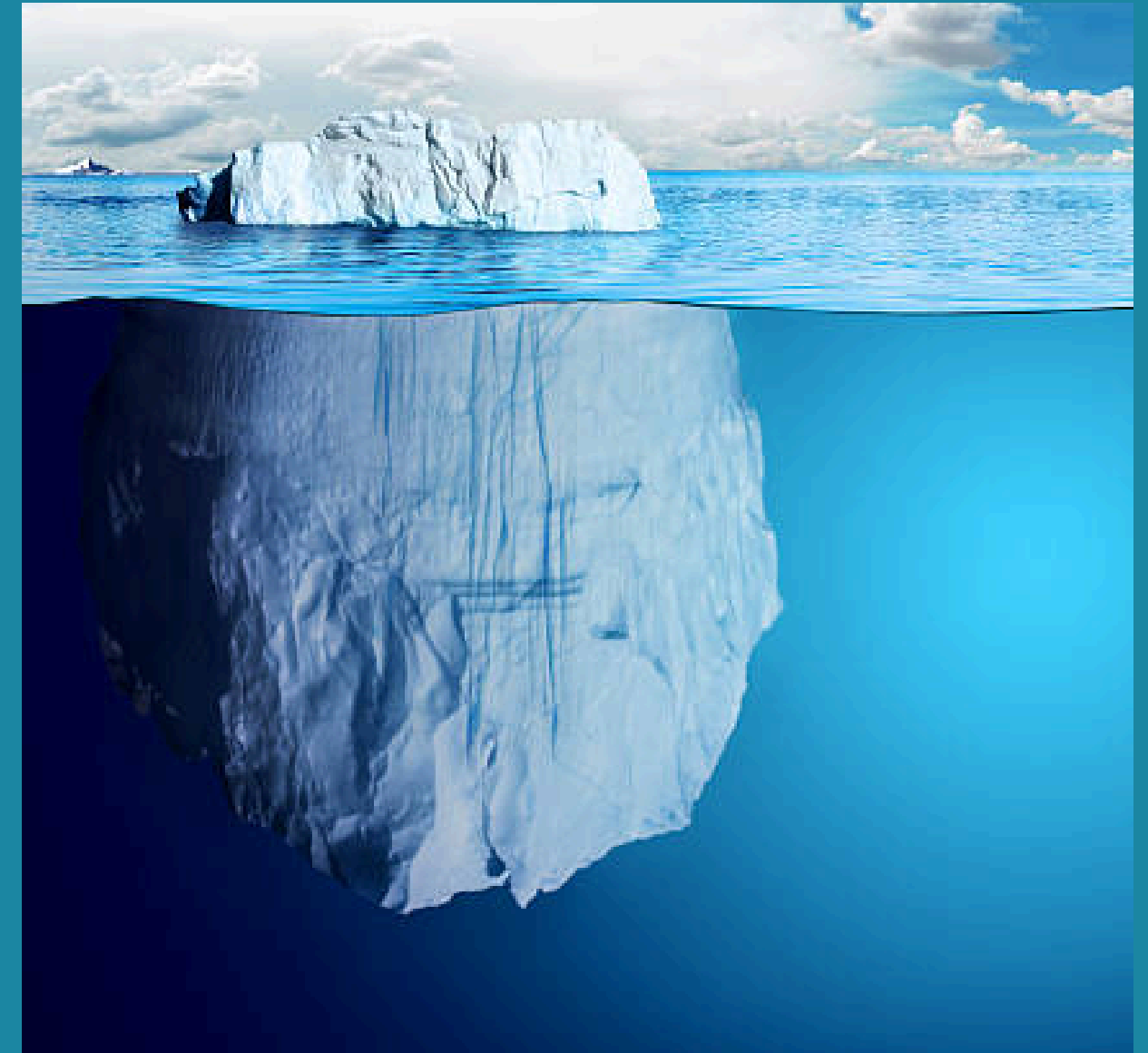
INTO THE DEEP

come to the water . . .

WHAT DOES “INTO THE DEEP” MEAN?

- We were created for RELATIONSHIP
- There is a difference between knowing things about someone and knowing someone’s heart.
- Matthew 14 - Step out of the boat, step out in FAITH
- Going below the surface
- Inspire and empower your hearts for personal relationship with Christ through the lens of prayer
- Give practical skills and tips for HOW to pray

Iceberg



WHY IS PRAYER IMPORTANT?

RIM

R - Relationship

I - Identity

M - Mission

MIR

M - Mission

I - Identity

R - Relationship

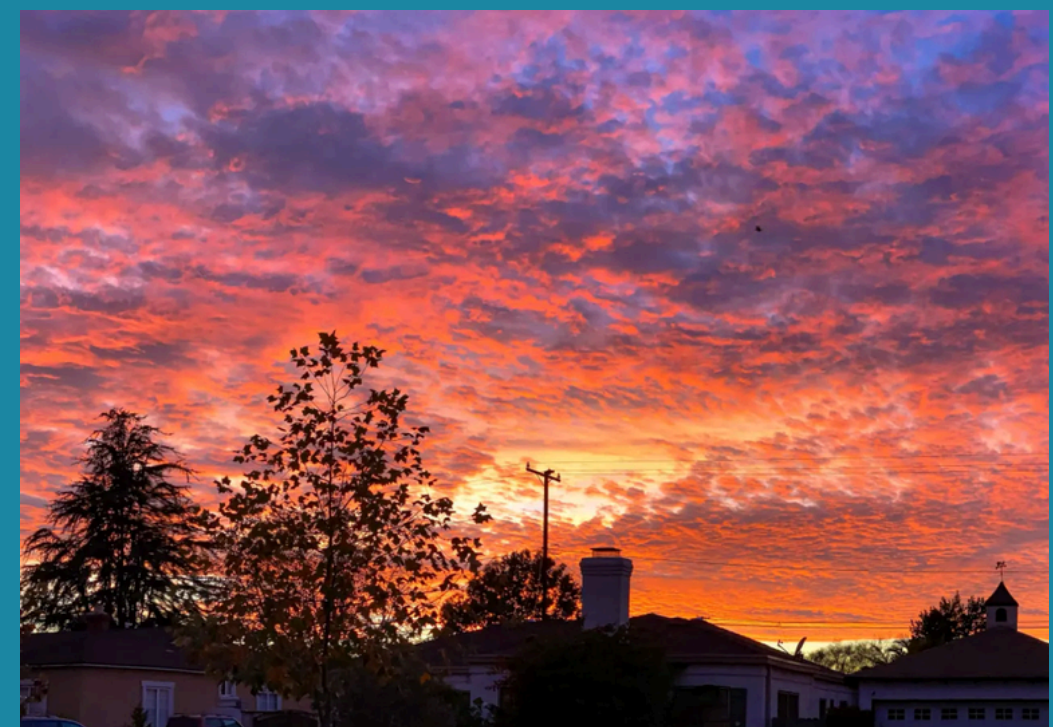
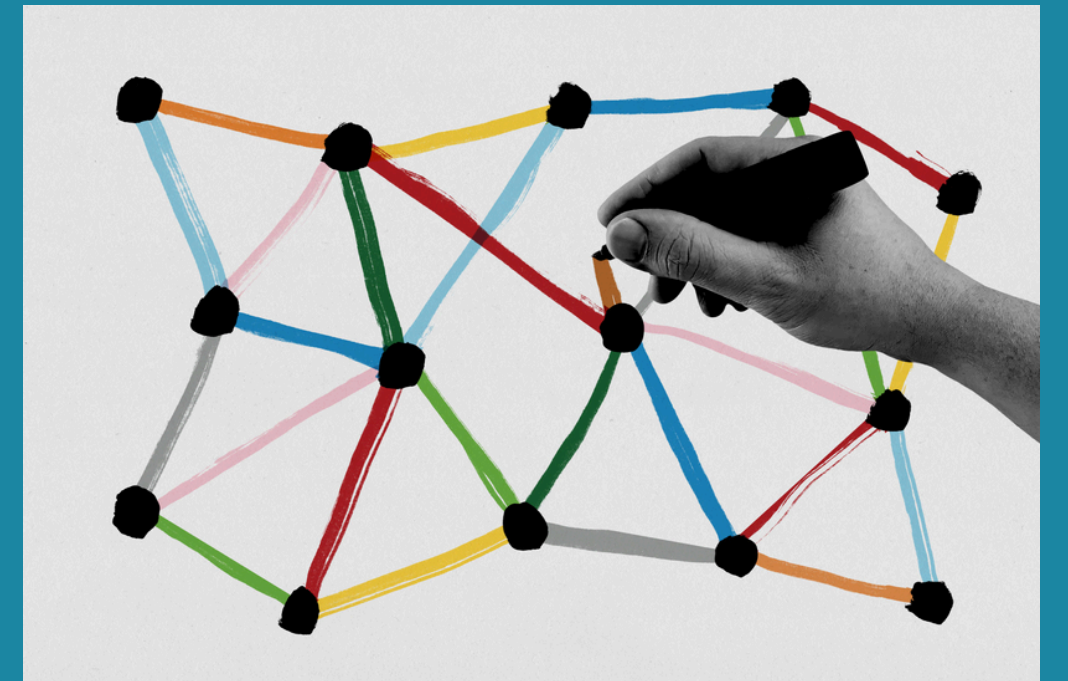
How has prayer changed your life?

WHAT IS PRAYER?

- Prayer is the raising of one's mind and heart to God or the requesting of good things from God (CCC 2559).
- This can take many different forms but at its core, it's encountering the heart of Christ through conversation with Him.
- "Prayer is nothing else than union with God." -St. John Vianney
- "Pray does not just enhance our relationship with God, prayer IS our relationship with God." - Fr. Mike Schmitz

WAYS TO PRAY

- Two ways to converse with God is through Meditation and Contemplation
- These words are usually used interchangeably but there is a difference between them
- To meditate during prayer is to actively engage our intellect and reason with thoughts and words to try and understand God.
- To contemplate during prayer is more passively sitting and experiencing the presence of God.



WAYS TO PRAY

- In the silence . . . God speaks
- “After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper . . .” - 1 Kings 19
- “If you are too busy to prayer, than you are too busy.” - Mother Teresa
- Founder of the Missionaries of Charity, serving the poorest of the poor, recognized the need for prayer to bare fruit in their mission
- We have to find time in our day for mental prayer



WAYS TO PRAY

- Once we humbly acknowledge that “we do not know how to pray as we ought,” (Romans 8:26) is when we can freely receive the GIFT of prayer.
- Prayer requires humility, honesty, and consistency
- Prayer takes practice

THE FRUIT OF PRAYER



SMALL GROUP
DISCUSSION TIME