

CATHOLICISM 101

WEEKLY ASSIGNMENT / PRAYERS / DISCUSSION QUESTIONS

ASSIGNMENT 35

Click “Watch” and “Read” links for assignment content

-WATCH-

“Echo” Episode 35

-REFLECT / PRAY-

What form of prayer do you find most moving?
Why is prayer often difficult and filled with distractions?

-READ-

USCCA Chapter 35

-DISCUSS-

How would you describe prayer?

What does your relationship with God look like?

How would you describe your prayer life?

What is the importance of an active prayer life? What are some of the benefits?

Have you ever experienced an answered prayer?

How do you feel about unanswered prayers?

What can you do when you feel like prayer doesn't help?

What is one expression of prayer, form of prayer, or insight into prayer from today's reading that inspired you? How can you incorporate this into your life?

Read and reflect on the following quote from the United States Catholic Catechism for Adults:

“We must do more than rely on an impulse for our prayer life. St. Paul calls us to ‘pray without ceasing’ (1 Thes 5:17). The will to pray in a daily, sustained, and structured manner is essential for becoming a prayerful person... When one gives God time for prayer, he will give time for one's other responsibilities.” (pp. 468–469, 474)

Why is daily, structured prayer essential for the Christian life?

Read Mother Teresa's meditation on silence, found on pages [479–480](#) of the United States Catholic Catechism for Adults. What is the value of incorporating more silence into our noisy lives?

-PRAY-

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.

-QUESTIONS?-

Contact Emily Arthur: formation.hrc@gmail.com



HOLY REDEEMER CHURCH

Love God. Love People. Make Disciples.

