

What is Prayer?

Prayer is giving our attention to God where we talk to God and also listen to Him. Prayer brings us in touch with God and others, and Christians pray in the name of Jesus Christ and in the power of the Holy Spirit. As we pray, we offer every situation to God, and God uses our prayers to bring love and justice into the world.



How do I begin?

There is no 'hidden secret' when it comes to prayer. God is always alongside us and ready to listen.

There are many ways to pray:

- Use words – think or speak or sing them
- Make the sign of the cross
- Say 'Amen' to someone else's prayer
- Give our feelings to God
- Do something prayerful – light a candle or visit a church
- Be quiet with God – on our own or with other people.

