



Get Plugged Into Prayer

Read: Matthew 4:18-22

In the gospel we hear Jesus invite Simon Peter and his brother Andrew to “come and follow me”. The men leave everything behind and become his disciples. Everyday they spent time talking with Jesus and being formed by him. Christ’s invitation extends to each of us as well. We answer his call and encounter him in a personal way through prayer.

Matthew Kelly states that prayer is the first principle of a dynamic Catholic because “the Christian life is simply not sustainable without prayer.” But how do we become disciples of Christ through prayer? Although there are many ways to pray there are a few key factors which help make prayer more fruitful. (1) Begin each day with prayer, however brief; (2) Establish a routine, be intentional about how you pray and when you pray, have a plan; (3) read a short passage of scripture each day, silently meditate on what you have read; (4) find time for silence each day. Silence can be difficult, but how often did the disciples sit at the feet of Jesus and let his words form them? “Silence,” said St. John of the Cross, “is God’s first language.” It is a good practice to invest in. In silence we hear the voice of God who gives our lives clarity and direction. “From silence we find God and our true selves”.

The ultimate goal of prayer “is to trigger a regular and meaningful conversation with God.” This is precisely what the disciples experienced each day with Jesus. If we truly desire to follow Jesus then we must begin with prayer, because prayer is walking daily with the Lord.

What do I want you to do? Pick one of the four keys to prayer and try it for one week. Every additional week add another step to your prayer life.