



SEASON 12 — EPISODE 7

# Heart to Heart Prayer

## GROUP QUESTIONS

1. What holds you back from approaching the Lord in prayer from the heart?
2. What is your quickest avenue to get to the heart of God?
3. What obstacles are you experiencing in your prayer life?
4. How can you embrace your current season in life and its impact on your prayer life with greater freedom?

## LECTIO DIVINA

“Jesus was praying in a certain place and after He had finished, one of His disciples said to Him, Lord, teach us how to pray as John taught his disciples.” — Luke 11:1

## JOURNAL QUESTIONS

1. How does the Lord call me to prayer uniquely?
2. Have I been approaching prayer as something on my to-do list?
3. What changes could I make to approach God with a more open heart?
4. How has my prayer life changed over the years? What does intimacy with God look like today?

## QUOTES TO PONDER

Prayer is the life of the new heart. It ought to animate us at every moment. But we tend to forget Him who is our life and our all. This is why the Fathers of the spiritual life in the Deuteronomic and prophetic traditions insist that prayer is a remembrance of God often awakened by the memory of the heart "We must remember God more often than we draw breath." But we cannot pray "at all times" if we do not pray at specific times, consciously willing it. These are the special times of Christian prayer, both in intensity and duration. — CCC 2697

Through his Word, God speaks to man. By words, mental or vocal, our prayer takes flesh. Yet it is most important that the heart should be present to him to whom we are speaking in prayer: "Whether or not our prayer is heard depends not on the number of words, but on the fervor of our souls." — CCC 2700

"Prayer is a surge of the heart, it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy." — St. Therese of Lisieux