

*the why,  
how and what  
of prayer*



*A practical guide  
on how to talk to God*

# Why should I talk to God.. *when he*

God **does** know everything that is going on in your life, because he is everywhere. He can see and listen to you and to everyone else individually, giving all his attention and love to you and to everyone else at the same time, as if each person were the only one in the world.

But when you tell him what's going on with your own lips and from your own heart,

it means you want him to get involved.

We all have that friend who doesn't tell us things, even when we know there's something wrong. When they say, "*everything is fine*" and we know it's not.



# knows everything?

We end up wishing they could trust us enough to tell us what's really going on because we want them to feel understood and supported.

Well, God is like that with us. We end up keeping him out of our lives because we either think we can sort things out on our own, or we think our problems are too big for him to solve or too little to care about. That's pride!

God cares, he wants to be involved. He wants you to feel his support. And most of all, he can do something about it. He can inspire you to find a solution, to understand yourself and him better, and he can also make sure things work out for your good.

But he won't force his help, grace, or friendship on you. He waits for you to take that first step and talk to him.



# How do I begin?



## Concentrate.

You do this by quietening down. Keep all distractions away (messages, calls, emails) and focus.

Then, you make an act of faith\* that God is truly there next to you.

To help you do this, you can use this prayer to begin...

# I begin?

*In the name of the Father and of the Son and of the Holy Spirit, Amen.*

*My Lord and my God, I firmly believe that you are here; that you see me, that you hear me.*

*I adore you with profound reverence; I ask your pardon for my sins, and grace to make this time of prayer fruitful.*

*My Immaculate Mother, Saint Joseph my father and lord, my guardian angel, intercede for me.*

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*An act of faith is a prayer where you express your belief in God's revelation, e.g. Luke 1:38.*

# Step 2...

## Consider

Now that you have concentrated, you are ready to Consider.

Take a passage from the Bible, from a spiritual book, the writings of a saint, or even a sacred image... whatever works for you.

Reflect on what that passage is telling you about God, his ways and his plans; what it means for you personally, or for someone in your life.

In this step, you ponder in your mind and heart some truth about God's revelation, you apply it to your life and make it your own.



Sometimes asking questions can help your consideration: What is the meaning of the passage? What are its key words? What is going on here? How would I express it in my own words?

And above all, how does this relate to Jesus, who is human like me, but also God?



## Step 3

### Converse

Now you are at the core of prayer: a heart to heart conversation with Jesus. It's time to converse, by addressing Him, as God, directly with your own words.

All the other steps of the meditation are directed to this heartfelt conversation with Him, who loves you and is eager to listen.

You can express your ad-

miration, gratitude, love, confusion, need... whatever the "considerations" stirred up in your soul.

You can also give Him a chance to speak. He won't do this with words, but by illuminating your mind, moving your will and directly touching your heart.

As you converse, open yourself to God so that the ideas and desires He gives you, truly influence the way you spend your day and how you look at life.

# Step 4

## Commit

Now it's time to end your prayer by letting it affect your life: commit yourself to do something concrete today, whatever you think Jesus is asking of you to make you a better person and to love Him more.

It could be something as simple as being more kind to others, or spending less time on entertainment and more time on study.

The important thing is that your prayer should not remain in those ten or fifteen minutes. It should impact the rest of your day.

*You can now close with these words:*

*I thank you, my God, for the good resolutions, affections and inspirations that you have communicated to me in this meditation. I ask your help to put them into practice. My Immaculate Mother, Saint Joseph my father and lord, my guardian angel, intercede for me.*

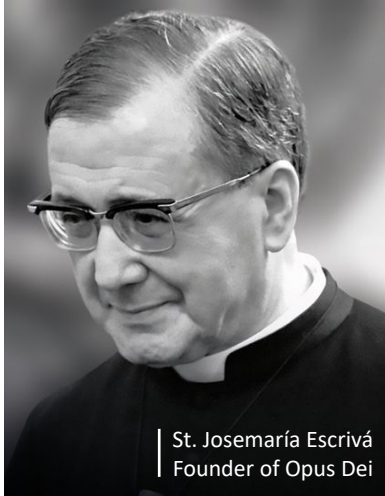


What can I  
*talk to God  
about?*

“About Him, about yourself: joys, sorrows, successes and failures, noble ambitions, daily worries, weaknesses! And acts of thanksgiving and petitions: and Love and reparation...” In other words, you can talk to God about anything you want!

That’s what St. Josemaria recommended in a book he wrote called **The Way**, that is perfect for learning how to pray.

He wrote it especially for young people like you, and it has inspired many to holiness as ordinary Christians, right where God has placed them in the world.



St. Josemaría Escrivá  
Founder of Opus Dei

“Don’t let your life be barren. Be useful. Blaze a trail. Shine forth with the torch of your faith and your love.

With your apostolic life, wipe out the trail of filth and slime left by the corrupt sowers of hatred. And set aflame all the ways of the earth with the fire of Christ that you bear in your heart.”

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*You can read the Way at*  
[www.escrivaworks.org](http://www.escrivaworks.org)  
[www.opusdei.org](http://www.opusdei.org)