

Chapter 4: Study Guide

A People of Prayer

INTRODUCTION

As we grow in prayer, we encounter God's presence everywhere. We are reminded of God when we see the beauty of a sunset, a mountain, a city stream, or city lights. We sense the mystery of God when we hear God's Word in the Scriptures, or read about the lives of holy people. We encounter God in the friendship and support, the service and sacrifice of other people. But we experience our greatest encounter with God when we join together in liturgical worship, uniting our prayer with the prayer of Jesus in the Eucharist.

KEY TERMS TO KNOW

Liturgy of the Hours

Lauds

Vespers

Prayer

Liturgy

Shema

ESSENTIAL QUESTIONS

What are the two kinds of prayer?

How is Jesus our model for prayer? What was his prayer life like?

How has the Liturgy of the Hours evolved over time?

Who is best known for *listening* in prayer?

ESSAY QUESTION

Prayer is not always easy. Identify at least three obstacles to prayer and identify ways in which you can overcome these obstacles to strengthen your own prayer life.