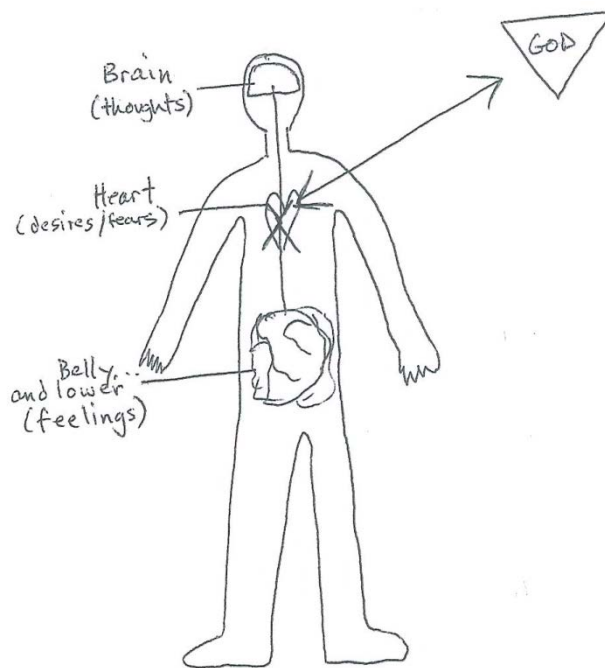


# Basics of Prayer

Insights from Dcn. Kyle Sladek, seminarian for the Diocese of Green Bay

## Encouragements for Prayer

1. Builds a relationship with God
2. Builds your identity
  - Beloved son/daughter of God the Father
  - Brother/Sister of Jesus, the Son
3. Develops and strengthens your Mission



## How do we have a relationship?

1. Speaking
2. Listening

## “Pray like a pirate”

1. **A**cknowledge any thoughts, feelings, desires, fears
2. **R**elate them to the Father, the Son, the Spirit, Mary, etc.
3. **R**eceive a reply, often a sense of peace, joy, holy presence
4. **R**espond with gratitude and with action if necessary

**“The most fruitful human activity**

**is to be able to receive God.”**

**-Fr. Jean Corbon**

### How to Develop a Prayer Life in 5 Easy Steps

1. Aim for daily prayer—at least 5 minutes
2. In the silence of your heart, become aware of His Presence
3. Speak—ask for a specific grace or desire you need to draw closer to Him
4. Listen...follow what He speaks to you. It might be little things at first but abide to His commands
5. Thank Him and decide how to move forward