

Recommend beginning by watching “Prayer” on Catholic Central:

- <https://www.youtube.com/watch?v=AY3OBHJ-QNY>

Notes from Bob:

LIVING FAITH

Jesus’ concentric circles of people around him:

- His enemies, asking questions to try to trip him up
- Crowds - they wanted to know more about this guy doing miracles and wanted to hear his teaching
- Disciples - those that said they want to follow him, left homes and jobs
- The 12 apostles

Where are you / am I in this onion of layers?

How do we move to the next inner layer?

What does that look like in your life today?

Five essential areas:

1. INTERIOR LIFE - our life of prayer with God
2. SACRAMENTS
3. OUR KNOWLEDGE OF GOD and of HIS KINGDOM
4. COMMUNITY
5. PERSONAL APOSTOLATE

EPISODE 1 – Interior Life

PART 1 – The Greatest Commandment

Recall one scribe asking Jesus what the greatest commandment is. Jesus gives two answers, and puts them together.

1. “Hear O Israel the Lord our God is one and you should love the Lord God with all your heart, and with all your soul, with all your mind, and with all your strength.”
 - a. NOTE: From Deut 6:4-9, the Shema, which is Hebrew for “Hear” or “Listen”
2. And the second is this, “You should love your neighbor as yourself.”

Many “rules” in Judaism and Christianity, but Jesus simplifies his whole question in terms of **relationship**, in terms of love. He says what’s it all about - loving God with everything in you, and love your neighbor as if they were yourself. This is the **lens** in **how to look at everything else**.

So, what does that look like in our lives? The word WORSHIP come from the old English word **WORTH SHIP** - the art of knowing what something is worth, the one thing that is the most valuable. Like FRIENDSHIP is the art of being a good friend to somebody. So, the worship of God is not just saying you're worth a lot to God - no, it's much more than that - it's saying **you are number one**, you are worth the **most**, you are the **greatest**.

Whether conscious or not we are saying to something or somebody you are number one. We do this with all sorts of things - fame, people's opinions - we do it with a lot of stuff. And there's lots of ways to worship God and some are almost negative ways - fasting is a way of worshipping God as we're telling our belly you're not my God. Tithing also is saying to our wallet you are not number one, not my god.

Also, positive ways of worshipping God - the highest is through the Eucharist.

Worshipping God with our prayer - taking the best part of your day for prayer is saying God is number one. Do you give God quality time or the dregs? Like maybe praying as you are about to fall asleep. If you did that to someone else, parents or friends or spouse - only giving them the dregs, they will let you know, and it doesn't mean that they are NOT number one in your life. So, we need to look at this with God - is it our **best time we are giving Him**?

PART TWO – The Practicals

Once practical was to begin a meaningful prayer life is to:

- Get up 15 minutes early
- Open your Bible
- Say an opening prayer
- Read through the Gospel for the day
- Then try to think of how God: o was speaking to me through that Gospel, AND o talk to Him a little bit about that – write it out or just say it in your heart or express it verbally.
- Give this a “go” for 21 days and let it become the culture of your heart – a godly habit. It WILL become part of your routine. NOTE: the first couple of days or first week it may be challenging but after that it's a piece of cake.
- Make 15 minutes your target and if you're doing more than that then keep going – don't reduce it but just keep on going.
- Getting a set time and space every day is optimal, would recommend morning due to having less of the daily distractions.

- Perhaps write down your steps if needed – open to the Gospel of the day, have a journal there is you like writing thoughts, calm down and read, then ask God to speak to you through it.
- Listen for how does this apply to my life today, either is there something I need to change or is it revealing something about God or His kingdom?
- And then, whatever it is, just talk to Him.
- When I get distracted then that's great as I have a different topic to talk to God about – my distraction. Maybe I'm terrified about an appointment I have later in the day – then this “fear” just give it to Him and talk to Him about it from your heart.
- Then wrap it all up in a little prayer – handing it all over, surrender it, ask Him for His grace. Spend a little time praising His because He is good and He's loving.

This is like a “seed” – just doing it for 15 minutes for 21 days. You may find that the more you pray the more you want to pray. So in time you may find you want to increase the length of time, and loving it.

Also, a great thing to do toward the end of the day is to look back over your day, to examine your day, and see if there is any blessing today received from God, and is there anything I need to say “sorry” for.

Spending @me with Jesus every day in prayer is an essential part of being a disciple. It's what we're all called to, and the great news is that God has grace for you to do this – you just have to ask Him. So pray in order to pray, ask Him for the gift of prayer, for the desire to pray, thank Him for the gift of prayer, for the desire to pray.

Commit to making it happen – it's the core of who we are as Christians.