

PART III: BEING CHRIST'S THE CHRISTIAN LIFE AND THE LORD'S PRAYER

The Gospel is God's invitation to all people to come to know him, to spend this present life getting to know him better, and to love and serve him as members of his redeemed family. Thus we prepare for eternal life with God. For all Christians, therefore, communing with God becomes life's central activity. Accordingly, once basic Christian beliefs have been set forth and learned, the next catechetical task is to explore the path of prayer. This is our God-given way of responding to the knowledge of God and his desires and purposes for us: entering through prayer into direct fellowship with him.

Christian prayer is best understood as our personal response to God's Word. "O Lord, Thou didst strike my heart with Thy Word and I loved Thee," St. Augustine wrote. Just as Anglican worship begins with the reading of Scripture followed by prayers, so our daily rule of life is to be patterned on Bible reading and prayer.

Prayer takes two primary forms. On the one hand, we speak to God on our own, apart from human company, as our Savior directed in his Sermon on the Mount (Matthew 6:6). On the other hand, we also pray in company, as part of a worshipping congregation, in any group that meets for prayer, and ideally also with family and friends. Here are two proven patterns for daily prayer: The first pattern is to follow, in whole or in part, the Morning and Evening prayer services prescribed in the Book of Common Prayer (the Daily Office). Many Anglicans do this. The second pattern, also widely used, is to follow the path marked out by the acronym ACTS – Adoration (of God, the Father, the Son and the Spirit); Confession (of sin); Thanksgiving (for all the good things received that day and every day, for answers to prayer, for blessings given to others); and Supplication (asking God to guide, help and protect oneself and others, and to supply specific needs).

Periodic use of the Litany in the Book of Common Prayer will be of great benefit. Benefit will also come from constant silent utterance throughout the day of the so-called "Jesus Prayer"—"Lord Jesus Christ, Son of God, have mercy on me, a sinner." This is one of many ways of recognizing the caring presence of the Father and the Son, who are with us at all times through the agency of the Holy Spirit. The exhortation to be constant in prayer is given by St Paul in several places in his epistles (see, for instance, Ephesians 6:18), and he instructs us to rely on the assistance of the Holy Spirit, who teaches and helps us to pray (Romans 8:26-27).

All these realities of prayer are rooted in what is called the Lord's Prayer, the prayer that Jesus taught his disciples on two different occasions in slightly varying form (Matthew 6:9-13; Luke 11:2-4). It is called "the Lord's" because, like many Jewish rabbis, the Lord Jesus was giving his followers a prayer that would show that they were his disciples. In our survey of the Christian life as a life of prayer, the Lord's Prayer is set at the center, as it has been in catechetical presentations of Christian prayer since Christianity began.

Concerning Prayer

149. What is prayer?

Prayer is turning my heart toward God, to converse with him in worship. (Psalm 122, 123)

150. What should you seek in prayer?

In prayer I should seek the joy of fellowship with God, who made me for fellowship with him. (1 Chronicles 16:28-30; Psalm 96; John 17; Revelation 22:17)

151. What is fellowship with God?

Fellowship with God in prayer is relating to him as his children, as we approach the light and glory of his throne. (Revelation 7:9-17)

152. How can you have fellowship with God?

Through the death of Jesus as both High Priest and sacrifice, and in his Holy Spirit, I have fellowship with God in Word, Sacrament, and prayer. (Hebrews 4:16; 1 John 1:1-4)

153. Why should you pray?

I should pray, first, because God calls me so to do; second, because I desire to know God and be known by him; third, because I need the grace and consolation of the Holy Spirit; and fourth, because God responds to the prayers of his people. (Luke 11:13)

154. What should you pray?

In addition to my own prayers, I should pray the Lord's Prayer, the Psalms, and the collected prayers of the Church.

155. When should you pray?

I should pray morning, noon, and night, and whenever I am aware of my need for God's special grace. And I should learn "to pray without ceasing" as I grow in knowledge of God's nearness. (Psalm 55:17; Daniel 6:10-13; Matthew 15:21-28; 1 Thessalonians 5:16-18; Hebrews 4:16)

The Lord's Prayer

156. What is the prayer our Lord taught his disciples to pray?

The traditional version of the Lord's Prayer is:

Our Father, Who art in heaven, hallowed be thy Name. Thy Kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

157. Why should you pray the Lord's Prayer?

I should pray the Lord's Prayer because Christ in the gospels teaches it to his disciples, as both a practice and a pattern for fellowship with God the Father. (Matthew 6:9-13; Luke 11:2-4)

158. How is the Lord's Prayer a practice for all prayer?

When I pray the Lord's Prayer, Jesus is training me to pray according to his Father's will; so I should employ the prayer constantly. (1 John 5:14-15; Luke 11:2)

159. How does the Lord's Prayer give you a pattern for prayer?

The Lord's Prayer models the primary elements of fellowship with God: praise of God, acceptance of his rule and will, petition for his provision, confession of my sins (here called trespasses), forgiveness of others, avoidance of sin, and God's protection from evil and Satan. I should pray regularly about these things in my own words. (Matthew 6:9)

160. What are the parts of the Lord's Prayer?

The Lord's Prayer begins with an address, makes seven petitions, adds a doxology, and concludes with "Amen."

161. Describe the order of the petitions in the Lord's Prayer.

As in the Ten Commandments, God's Glory, Name, and Kingdom precede any petitions for our personal well-being.

The Address

162. How do you address God in this prayer?

As Jesus taught his disciples to call upon God, I pray, "Our Father, Who art in heaven."

163. Who may call God Father?

All who are adopted as God's children through faith and baptism in Christ may call him Father. (John 1:12-13)

164. If prayer is personal, why do you not say "my" Father?

The Lord Jesus teaches God's children always to think of themselves as living members of his Body, God's family of believers, and to pray accordingly.

165. How is God like earthly fathers?

Like all loving and sincere earthly fathers, God loves, teaches, and disciplines us, observing our needs and frailties, and planning for our maturity, security, and well-being. (Psalm 103:12-14)

166. How is God unlike earthly fathers?

Unlike our natural fathers, our heavenly Father is perfect in his love, almighty in his care, makes no errors in judgment, and disciplines us only for our good. (Hebrews 12:4-11)

167. What is heaven?

Heaven is the realm of God's glory, presence, and power, which exists alongside this earthly realm, and from which he hears the prayers of his children. (1 Kings 8; Isaiah 61-6; Revelation 21:1-5a)

168. If your Father is in heaven, can he help you on earth?

Yes. God is everywhere, and as my almighty Father in heaven, he is able and willing to answer my prayers. (Psalm 99; Isaiah 6; Ephesians 3:20, 4:6)

The First Petition

169. What is the First Petition?

The First Petition is: “Hallowed be Thy Name.”

170. What is God’s Name?

God’s Name refers to his personal being – his nature, his character, his power, and his purposes. The Name God reveals to Moses is “I AM WHO I AM” or simply “I AM” (Exodus 3:6, 14). This Name means that he alone is truly God, he is the source of his own being, he is holy and just, and he cannot be measured or defined by his creatures.

171. Does God have other names?

Yes. Through the person and ministry of Jesus Christ, God’s Name is also revealed to be “the Father, the Son and the Holy Spirit” (Matthew 28:19).

172. What does “hallowed” mean?

Hallowed means to be treated as holy, set apart, and sacred. To hallow God’s name is to honor him as holy.

173. How can you hallow God’s name?

God is King of all the earth, and I pray that all people everywhere may revere and worship him, according to his revelation in Christ and the Holy Scriptures. (Psalms 2; 24; 47; 96; 99; Isaiah 40:12-20; John 14:8-9; Acts 4:8-12; 2 Corinthians 4:6; Revelation 1, 21:9ff.)

174. How does God answer this petition?

God gives grace that I may honor his holy Name and Word in private and public worship, and he enables me to walk humbly with him, my God. (Micah 6:8; Matthew 28:18-20)

175. How else can you hallow God’s Name?

I can hallow God’s Name in word and deed by living an obedient and ordered life as his child, as a citizen of his Kingdom, and as one who seeks his glory. (Hebrews 13:15-16)

The Second Petition

176. What is the Second Petition?

The Second Petition is: “Thy Kingdom come.”

177. What is the Kingdom?

The Kingdom of God is his reign over all the world and in the hearts of his people through the

powerful and effective operation of his Holy Spirit. (Matthew 12:28; Romans 8:12-17; Galatians 4:6-7)

178. When you pray for God’s Kingdom to come, what do you desire?

I pray that the whole creation may enjoy full restoration to its rightful Lord. (Romans 8:22-25; Philippians 2:9-11)

179. How does God’s Kingdom come?

God’s Kingdom, which was foreshadowed in the Old Testament, was founded in Christ’s incarnation, established with his ascension, advances with the fulfilling of the Great Commission, and will be completed when Christ delivers it to God the Father at the end of time. (2 Chronicles 7:1-4; Matthew 10:5-8; 28:18-20; Luke 24:1-12; Acts 1:6-11; 1 Corinthians 15:19-28)

180. How do you live in God’s Kingdom?

My Kingdom life as a Christian consists of living with joy, hope, and peace as a child of God, a citizen of heaven, and a faithful disciple of Jesus Christ. (Romans 14:17; Ephesians 4-6; Colossians 1:13-14; 3:4; 1 Thessalonians 4:11)

The Third Petition

181. What is the Third Petition?

The Third Petition is: “Thy will be done on earth as it is in heaven.”

182. How is God’s will accomplished in heaven?

The heavenly company of angels and perfected believers responds to God in perfect, willing obedience, and perfect worship. (Psalms 103:20; 104:4; 148:2)

183. Where can you find God’s will?

I find the will of God outlined in the Ten Commandments, learn its fullness from the whole of Scripture, and see it culminate in the Law of Christ, which calls for my complete love of God and my neighbor. (Deuteronomy 29:29; Psalms 119:1-16, 104-105; Proverbs 4; John 13:34; Acts 7:51-53; Galatians 6:2)

184. How is God’s will accomplished on earth?

God’s Kingdom comes whenever and wherever God’s will is done. As the Church aims to hallow God’s Name and seek first his Kingdom, it should lead the way in wholehearted obedience to God in Christ, and I should join and support the Church in this. (Psalm 119:176; Matthew 5-7; Ephesians 1:11; Daily Office Prayer of St. John Chrysostom)

185. What more do you seek in the third petition?

In the third petition I also pray for God to counter the dominion of the world, the flesh, and the Devil in my own soul; to thwart the plans of wicked people; and to extend the Kingdom of his

grace to others through me. (Baptismal Service; Acts 1:8; 1 John 2:15-17, Galatians 5:16-21, 1 Thessalonians 4:3; 1 Timothy 2:4)

The Fourth Petition

186. For what personal blessings does the second half of the Lord's Prayer teach you to ask?

As a loyal child of God I pray first for God's honor, Kingdom, and will; then I pray for my own needs of daily bread, pardon for sins, and protection from evil.

187. What is the Fourth Petition?

The Fourth Petition is: "Give us this day our daily bread."

188. What does "our daily bread" mean?

Daily bread includes all that is needed for personal well-being, such as food and clothing, homes and families, work and health, friends and neighbors, and peace and godly governance. (Matthew 6:8; Luke 11:12; 1 Timothy 2:1-2)

189. Why should you pray for bread daily?

God wishes me to trust him every day to supply my needs for that day. (Proverbs 30:7-9; Matthew 6:24-34; Philippians 4:6)

190. Why does God give you daily bread?

God gives me daily bread because he is a good and loving Father, and I should thank him for it morning, noon, and night. (Psalms 81:10, 16; 103; Daniel 6:10)

The Fifth Petition

191. What is the Fifth Petition?

The Fifth Petition is: "Forgive us our trespasses as we forgive those who trespass against us."

192. What are trespasses?

A trespass is a thought, word, or deed contrary to God's holy character and Law, missing the mark of his will and expectations. (Romans 3:23)

193. Have you trespassed against God's Law?

Yes. Together with all mankind, I sin daily against God's Law in thought, word, and deed, and love neither him nor my neighbor as I should. (Jeremiah 2:12-14; Romans 1:18-24; 3:23)

194. What is God's forgiveness?

God's forgiveness is his merciful removal of the guilt of sin that results from our disobedience. (Isaiah 1:18; 52:13-53:12; Ephesians 1:3-14; Colossians 2:13-14)

195. On what basis do you ask forgiveness?

I ask God to forgive all my sins through the righteousness of Jesus Christ, which was completed

for me on the cross and is given to me through faith and Baptism. (Acts 2:38; Romans 5:17; Colossians 2:9-12; 1 John 1:9-10)

196. Does God forgive your sins?

Yes. God freely forgives the sins of all who ask him in true repentance and faith, and that includes me. (Leviticus 6:6-8; Matthew 11:28-30; John 6:37, 40, 51; 7:37; 2 Corinthians 5:17-21; Hebrews 7:25)

197. Do you forgive others as fully as God forgives you?

Following the example of my Lord Jesus, I seek constantly to forgive those who sin against me. (Matthew 18:21-35; Luke 23:34; Acts 7:60; Romans 5:8, 2 Corinthians 5:18-19)

198. Why should you forgive others?

I should forgive others because while I was still a sinner God forgave me. (Matthew 18:21-35)

199. How will you forgive others?

I will forgive others by extending to them the love of Christ, and by choosing not to hold against them the hurts they have inflicted, whether they ask forgiveness or not. (Romans 13:8)

200. Will your forgiveness of others bring reconciliation with them?

Not always. Forgiveness is an attitude of my heart desiring the blessing of my neighbor, but my forgiveness may not result in my neighbor's repentance and the restoration of our relationship. (Romans 12:18)

The Sixth Petition

201. What is the Sixth Petition?

The Sixth Petition is: "And lead us not into temptation."

202. What is temptation?

Temptation is an enticement to abandon total trust in God or to violate his commandments. (Proverbs 1:8-19; James 1:14-15)

203. What are the sources of temptation?

My heart is tempted by the world, the flesh, and the Devil, all of which are enemies of God and of my spiritual well-being. (1 John 2:15-17, Galatians 5:16-21, 1 John 3:8)

204. What kind of protection from temptation do you ask for?

Knowing Satan's hatred and my weakness, I ask God to keep me from sin and danger. (Luke 22:31; James 1:14; 1 Peter 5:8)

205. Does God lead you into temptation?

No. God never tempts anyone to sin, nor is he the cause of any sin, but, so that I may grow in obedience, he does allow me to be tested on occasion, as he allowed Jesus. (Matthew 4:1-14; Hebrews 5:7-8; Genesis 22; Judges 2; James 1:1-8)

206. What are ways to guard against temptation?

I can guard against temptation by praying the Lord's Prayer, asking for strength, confessing my sins, recalling God's Word, and living accountably with others. (Matthew 4:1-11; Mark 14:38; 1 Corinthians 10:13; 2 Corinthians 12:9-10; Ephesians 6:13-17; James 5:16; 1 John 1:9)

The Seventh Petition

207. What is the Seventh Petition?

The Seventh Petition is: "But deliver us from evil."

208. What is evil?

Evil is the willful perversion of God's good will that defies his holiness and mars his good creation. (Genesis 3:1-19; 4:1-8; 6:1-8)

209. If God made the world good at its creation, why does he permit evil?

God made rational creatures free to worship, love, and obey him, but also free to reject his love, rebel against him, and choose evil – as the human race has done. (Genesis 6:5; Ecclesiastes 7:29; 1 Timothy 1:20; Revelation 2:18-29)

210. Did evil exist before the human race embraced it?

Yes. Satan and the other demons with him had already opposed God and chosen evil. (Genesis 3: 1-5; Job 1:6-12; John 8:44)

211. What are Satan and demons?

Demons, of whom Satan is chief, are fallen angels. Satan rebelled against God and led other angels to follow him. They now cause spiritual and sometimes physical harm to mortals, and they sow lies that lead to confusion, despair, sin and death. (Luke 11:14-26; 8:29; 9:39; John 8:44; 2 Corinthians 2:11; 4:3-4, 11:3; 12:7; Revelation 12:7-12)

212. How did Satan and his angels turn to evil?

Satan and his angels were overcome by envy and pride and rebelled against God. (Luke 10:18; 1 Timothy 3:6; Jude 6; Revelation 12:7-12)

213. What are angels?

Angels are spiritual, holy beings created by God. They joyfully serve him in heavenly worship and God appoints them to act as messengers, bringing words of guidance and assurance to the faithful, and assisting and protecting them. (Psalm 148:1-6; Hebrews 1:14; Luke 1:19, 26-33; Acts 8:26-28, 12:7-11, 27:23-24)

214. How did God address evil in this world?

God, in his love, sent Jesus Christ to gain victory over all the powers of evil by his death, resurrection and ascension. Victory and authority over sin and evil are granted to the faithful in their daily lives through the Holy Spirit by the blood of Jesus shed on the cross. God will finally

overcome all evil, including death, at the end of the age. (John 3:16; Colossians 2:13-15; Luke 10:17-20, Philippians 2:10, 1 John 4:4; Romans 8:28, 35-39; Revelation 21:1-4)

215. Is God responsible for evil?

No. The free choices of his creatures do not implicate God in evil in any way. (Galatians 2:17; James 1:13-15)

216. How does God redeem evil?

Though the evil deeds of his creatures may cause great harm and suffering, the almighty and all-wise God can use them to bring about his good purposes, both in the world and in my life. (Genesis 50:20; Romans 8:28)

217. From what evil do you seek to be delivered?

I desire, first and foremost, to be delivered from Satan our Enemy, the Evil One, and all demonic forces that seek to destroy God's creatures. (Matthew 16:21-23; John 13:27; 1 Peter 5:8-9)

218. From what other evil do you seek deliverance?

I ask my heavenly Father to protect me from the world and the flesh, and to deliver me from the dangers of the day and night; from sin, sorrow, sickness, and horror; and from everlasting damnation. (*The Great Litany*, BCP 1662)

219. How does God deliver you from evil?

God's Holy Spirit transforms my soul to see and hate evil as he does; then he further delivers me either by removing my trial or by giving me strength to endure it gracefully. (Psalms 1; 23; 1 Corinthians 10:13; 2 Corinthians 12:9-10; Philippians 4:13)

The Doxology and Amen

220. What is the doxology of the Lord's Prayer?

The doxology which the Church adds to the Lord's Prayer is: "For thine is the kingdom, and the power, and the glory, for ever and ever. Amen."

221. What does "kingdom, power, and glory" mean?

Referring back to the first half of the Lord's Prayer, the Church rejoices that God can fulfill its requests, for he is already reigning over all creation, working out his holy will, and being hallowed by praise in both earth and heaven. (Revelation 5:11-14)

222. Why is the doxology regularly added to the Lord's Prayer?

Rejoicing that God is already King over this sin-sick world, the Church on earth uses this doxology to join in the praise being given to God in heaven. (Revelation 15:3-4)

223. Why do you end the Lord's Prayer by saying "Amen"?

By saying "Amen," which means "so be it," I unite with the faithful, who pray as Jesus directed,

believe that their petitions please the Father, and trust that he will answer their requests.
(Revelation 19:1-4)

Prayer, Liturgy, and a Rule of Life

224. How should you use the Holy Scriptures in daily life?

I should “hear, read, mark, learn, and inwardly digest them” that by the sustaining power of God’s Word, I may embrace and hold fast to the hope of everlasting life given to me in Jesus Christ. (Scripture Collect, Book of Common Prayer)

225. How should you “hear” the Bible?

I should hear the Bible through regular participation in the Church’s worship, both corporate and domestic, in which I join in reciting Scripture, hear it read and prayed, and listen to its truth proclaimed.

226. How should you “read” the Bible?

I should read the Bible in daily portions as set out in “lectionaries” – Bible reading guides found in the Prayer Book and elsewhere. I should also study individual books of the Bible, using resources such as commentaries and Bible dictionaries when possible.

227. How should you “mark” passages of Scripture?

I should read the Bible attentively, noting key verses and themes. I should also note connections between passages of Scripture in the Old and New Testaments in order to grasp the full meaning of God’s Word.

228. How should you “learn” the Bible?

I should seek to know the whole of Scripture, and to memorize key passages for my own spiritual growth and for sharing with others.

229. How should you “inwardly digest” Scripture?

I should ground my prayers in the Scriptures. One time-tested way of doing this is to pray the Psalms, which formed Jesus’ own prayer book. As I absorb Scripture, it becomes the lens through which I perceive and understand the events in my life and the world around me, and guides my attitudes and actions.

230. Are there different ways to pray?

Yes. Prayer can be private or public, liturgical or extemporaneous; personal prayer can be vocal, meditative, or contemplative.

231. What is vocal prayer?

In vocal prayer I pray to God using spoken words.

232. What is thanksgiving?

In thanksgiving I express my gratitude to God for his grace, favor, providential goodness, and

answers to my prayers.

233. What is petition?

In petition I make requests to God on my own behalf.

234. What is intercession?

In intercession I make requests to God on the behalf of others.

235. What is meditation?

In meditation I prayerfully read and reflect upon Holy Scripture according to its intended meaning, with openness to personal spiritual direction from God.

236. What is contemplation?

In contemplation I lift my heart in love to God without any deliberate flow of thoughts or words.

237. How should you pray?

I should pray with humility, love, and a ready openness to God's will, in my heart hearing God say, "be still and know that I am God." (Psalm 46:10-11; 2 Chronicles 7:14-15; Philippians 4:6)

238. Of what should you be certain in prayer?

I should be certain that God hears my prayers. I should also be certain that in response he will grant me all that I actually need, by his wisdom, in his time, and for his glory. (Deuteronomy 6:24; Esther 4:16; Proverbs 15:29; Ephesians 3:14-21)

239. What should you remember when prayers seem to be unanswered?

God always hears my prayers, and answers them in his wisdom and in his own time, sometimes withholding blessings for my discipline, and sometimes giving better than I ask. (Matthew 6:8)

240. How should you pray in times of suffering?

I should join my sufferings to those of Jesus Christ, trusting in the sufficiency of his grace, and joyfully assured that "suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame." (Romans 5:3-5; 2 Corinthians 1:5; Philippians 3:10; Hebrews 5:8-9)

241. What obstacles may hinder your prayers?

My prayers may be hindered by distractions, laziness, pride, selfishness, discouragement, sin, and lack of faith.

242. What is liturgy?

Liturgy is the public worship of God by God's people according to an established pattern or form.

243. Why do Anglicans worship with a structured liturgy?

Anglicans worship with a structured liturgy because it is a biblical pattern displayed in both Testaments, and because it fosters in us a reverent fear of God.

244. Do form and structure inhibit freedom in worship?

No. Form and structure provide a setting for freedom of heart in worship.

245. How does the Book of Common Prayer organize the liturgy?

In the Church's Prayer Book, Scripture is arranged for daily, weekly, and seasonal prayer and worship, and for special events of life. Most services include the Lord's Prayer.

246. What is the liturgy of the Daily Office?

The Daily Office consists of Morning and Evening Prayer. These services are based on Israel's Morning and Evening Prayer as adopted and adapted by the early Church. In them we confess our sins and receive absolution, hear God's Word and praise him with Psalms, and offer the Church's thanksgivings and prayers.

247. Who observes the Daily Office?

Many Christians observe the Daily Office—at church, in their homes, at the family table, or wherever they may find themselves.

248. Why do Anglicans pray Morning and Evening Prayer?

Anglicans pray the Daily Office believing it to be a sacrifice that pleases God, and because it keeps them aware that their time is sanctified to God.

249. What is a collect?

A collect is a form of petition that collects the people's prayers. Over the centuries, the Church has gathered its most cherished prayers to mark times and seasons. They are embodied for Anglicans in the Book of Common Prayer.

250. Why use the Prayer Book when you have the Bible?

The Book of Common Prayer is saturated with the Bible, organizing and orchestrating the Scriptures for worship. It leads the Church to pray in one voice with order, beauty, deep devotion, and great dignity.

251. What is a rule of life?

A rule of life is a devotional discipline in which I commit to grow in grace as I resist sin and temptation, and to order my worship, work, and leisure as a pleasing sacrifice to God.

(Romans 12:1-2)

252. Why do you need a rule of life?

I need a rule of life because my fallen nature is disordered, distracted, and self-centered. Because bad habits often rule my life, I need to establish godly habits that form Christ-like character.

253. What is the Anglican rule of life?

The Church invites me to its life of Common Prayer as a rule of life. That rule is a key part of a life of witness, service, and devotion of my time, money and possessions to God.

254. What prayers should you memorize as a part of your rule of life?

After memorizing the Lord's Prayer, I should aim to memorize the liturgy, Psalms, and other prayers and collects.

255. How can you cultivate a fruitful life of prayer?

I can cultivate a fruitful prayer life by following the ancient three-fold rule: weekly Communion, Daily Offices, and private devotions. This rule teaches me when to pray, how to pray, and for what to pray, so that I may grow to love and glorify God more fully.