

TO BE A
CHRISTIAN

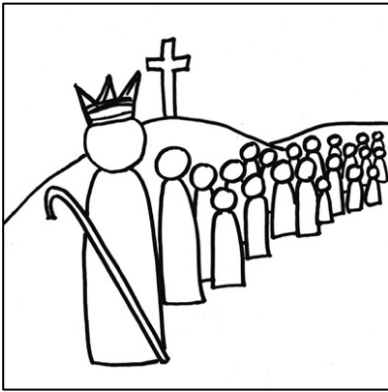
An Anglican Catechism



PART III

Belonging To Christ

Belonging To Christ: The Lord's Prayer and the Christian Life



The Gospel is God's invitation to know, love and serve him as members of his family, and to be transformed into his likeness. God continually calls his people to grow deeper in our relationship with him. Thus, for Christians, knowing and loving God is life's central activity, and a primary way we do this is through prayer. Prayer is the way

God has given us to listen and respond to him.

The most important prayer in the Christian faith is the Lord's Prayer, so named because it is the prayer the Lord Jesus himself, the Son of the Father, taught his disciples to pray (Matthew 6:9–13; Luke 11:2–4). It is vital for our lives as present-day disciples. It teaches us to know God as our Father, to submit our wills to his will, and to live in this world as citizens of God's kingdom, even as we await with hope the fullness of its coming. For this reason, it has been included as a prayer in both public and private Christian worship from the very beginning of the Church's life.

However, the Lord's Prayer is also a pattern by which we shape all our prayers. It teaches us different kinds of prayer, and a mature life of prayer will include them all: praise of God's glory, intercession for the needs of others, petition for our needs and protection, and confession of our sin. While the Lord's Prayer does not include all types of prayer, it establishes a central core of prayers for our entire life in Christ. It teaches us how to pray and is therefore an essential aspect of Christian catechesis.

Our primary resource for prayer as Anglicans, in addition to the Scriptures, is the Book of Common Prayer. The Lord's Prayer has a central place in Prayer Book worship and is included in every service. However, beyond providing us forms of prayer, the Book of Common Prayer also gives us a rule of prayer—a way of ordering our lives around a daily pattern of prayer and the reading of Scripture. A well-rounded rule will include the different kinds of prayer mentioned above, in both public worship and private devotion.

While the form of rule may vary from person to person, the purpose of every rule is to help us grow in prayer. As our capacity to pray increases, so our daily habits of prayer broaden to encompass the whole scope of our lives. And, little by little, we begin to understand what Saint Paul means to “pray without ceasing” (1 Thessalonians 5:17), for that is the goal of our life of prayer in Christ.

A Prayer for Spiritual Provision and Protection

Heavenly Father, you made us for yourself, and our hearts are restless until they rest in you: Look upon the heartfelt desires of your humble servants, and stretch forth the strong hand of your Majesty to be our defense against our enemies; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, world without end. Amen.



Concerning Prayer

154. **What is prayer?** Prayer is turning my heart toward God, to listen and to speak with him. (*Psalms 84; 123; Matthew 7:7–11; John 17:1–9*)



155. **What should you seek in prayer?** In prayer, I should seek not only God's provision for my needs, but fellowship with God, who made me for fellowship with himself. (*Exodus 33:7–11; Psalms 27:4, 8; 42:1–2; John 14:18–23; 1 John 1:3*)

156. **How can you have fellowship with God?** Through the death and resurrection of Jesus, and union with him by the Holy Spirit, I have fellowship with God as his adopted child. I experience this in prayer, worship, God's Word, the sacraments, and Christian community, as I daily follow him by faith. (*Nehemiah 9:1–8; Psalm 65:1–4; John 15:9–17; Acts 2:42–47; Romans 8:14–17; 1 John 1:3–7*)

157. **Why should you pray?** I should pray because God calls me to do so, because I was made for fellowship with him, because I need the help of his Holy Spirit, and because he has promised to answer the prayers of his people. (*Exodus 33:7–11; Psalm 50:14–15; Matthew 7:7–11; Luke 18:1–8; Romans 8:26; 1 Timothy 2:1*)

158. **What should you pray?** I should pray the Lord's Prayer, the Psalms, the collected prayers of the Church, and my own prayers as the Spirit leads me. (*1 Samuel 2:1–10; Psalms 2; 62:8; Luke 1:46–55; 2:25–35; Acts 4:24–30; Romans 8:26–27; Revelation 4:8–11*)

159. **When should you pray?** I should pray at regular times throughout each day, with fellow Christians for prayer and worship, and whenever I am aware of a need for God's grace. And I should learn to "pray without ceasing" (*1 Thessalonians 5:17*) as I grow in the knowledge of God's presence. (*Nehemiah 2:4; Psalm 55:17; Daniel 6:10; Jonah 2; Matthew 15:21–28; 1 Thessalonians 5:16–18; Hebrews 4:16; 5:7*)

The Lord's Prayer

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







The traditional version of the Lord's Prayer is this:

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.**

(Matthew 6:9–13; see also Luke 11:2–4)

 <p>OUR <i>Father</i> WHO ART IN HEAVEN HALLOWED BE THY NAME</p>	 <p>THY <i>Kingdom</i> COME, THY <i>will</i> BE DONE, ON EARTH AS IT IS IN HEAVEN.</p>
 <p>GIVE US THIS DAY OUR <i>daily</i> bread</p>	<p>AND <i>forgive</i> us OUR TRESPASSES AS <i>we</i> forgive THOSE WHO TRESPASS AGAINST US.</p> 
 <p>AND LEAD US NOT INTO TEMPTATION BUT <i>deliver</i> us FROM EVIL.</p>	 <p>FOR THINE IS THE <i>Kingdom</i>, THE power; AND THE <i>glory</i> FOREVER AND EVER. AMEN.</p>

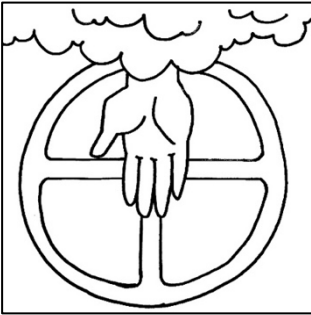
161. **Why should you learn the Lord's Prayer?** I should learn the Lord's Prayer because Jesus taught it to his disciples as both a practice and a pattern for prayer to God the Father. (Matthew 6:5–8; Luke 11:1, 5–13)

162. **Why should you practice the Lord's Prayer?** I should pray the Lord's Prayer regularly because it teaches me to pray as Jesus commanded and to desire what his Father wills. (Psalm 34; Matthew 12:46–50; 26:36–44; 1 John 5:14–15)

163. **How is the Lord's Prayer a pattern for prayer?** The Lord's Prayer models the primary types of prayer: praise of God, intercession for his rule, petition for his provision and protection, and confession of sins. I should pray regularly in all these ways. (Psalm 150; Isaiah 63:7–64:12; Acts 9:36–43; 3 John 2)

164. **What are the parts of the Lord's Prayer?** The traditional form of the Lord's Prayer begins by addressing God the Father, makes seven petitions, adds a doxology, and concludes with "Amen."

the address: "our father, who art in heaven"



165. Why do we call God "Father"?

We call God "Father" because Jesus teaches his disciples that we are God's children and should call God "our Father." (*Exodus 4:22; Psalm 73:15; Isaiah 43:6; Matthew 23:8-9; 2 Corinthians 6:18; see questions 39-40*)

166. Who are God's children? All who come to God through faith and Baptism in Christ are

adopted as children of God the Father. (*Deuteronomy 32:1-6; Isaiah 30:1; John 1:12-13; Romans 8:14-16; 1 John 3:1-3*)

167. Why does Jesus teach us to pray "our" Father? Jesus teaches us always to understand ourselves not only as individuals but as members of God's family of believers, and to pray accordingly. (*Psalm 147; Romans 8:14-19; 1 Peter 1:17*)

168. How is God like earthly fathers? Like all loving and sincere earthly fathers, God loves us in our weakness, provides for our needs, teaches us in our ignorance, and corrects us when we go astray. (*Psalm 103:12-14; Luke 11:11-13; Hebrews 12:5-10*)

169. How is God unlike earthly fathers? Unlike our natural fathers, our heavenly Father loves us perfectly, is almighty in his care, makes no errors in judgment, and disciplines us only for our good. (*1 Samuel 2:12-17, 22-36; Psalm 145:8-21; Luke 11:11-13; 15:11-32; Hebrews 12:9-11*)

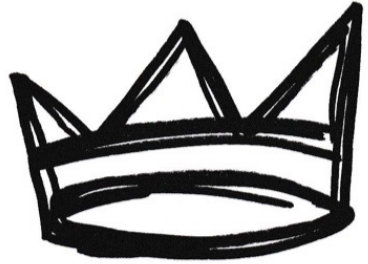
170. What is heaven? Heaven is the realm of God's presence, power, and glory, which exists invisibly alongside this visible realm, and from which God hears the prayers of his children. (*1 Kings 8:27-30; Psalm 11:4; Isaiah 66:1; Matthew 18:10; John 3:31; Eph. 4:10; Hebrews 9:24; Rev. 21:1-2*)

171. How does your Father in heaven help you here on earth? Because God is in all places and knows all things, he hears and answers my prayers, directs my paths, and strengthens me in times of trouble. (*2 Samuel 22; Psalms 23; 46; Matthew 6:6-8, 25-34; 7:9-11; James 1:5*)

the first petition: "Hallowed be thy Name"

172. **What is the first petition?** The first petition is "Hallowed be thy Name." (*Matthew 6:9; see also Psalms 99:3; 105:1–3; John 12:27–28; see questions 283–89*)

173. **What is God's Name?** God's Name reveals who he is—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 defined by his creatures. (*Exodus 3:6, 14; 15:11; Psalm 99; Isaiah 5:16; 42:8; 47:4; John 8:58; Revelation 1:8*)



174. **What are some other names for God given in Scripture?** Throughout the Scriptures, God is known as "Lord." Through the Person and ministry of Jesus Christ, God is also revealed to be one God in three Persons: the Father, the Son, and the Holy Spirit. (*Matthew 28:19; Mark 1:24*)

175. **What does "hallowed" mean?** "Hallowed" means to be treated as holy—set apart, sacred, and glorified. (*Exodus 13:1–12; Leviticus 22:31–33; Deuteronomy 6:7–8; Psalm 11:4–7; Isaiah 6:1–8; Luke 2:22–35; 2 Timothy 2:19–22*)

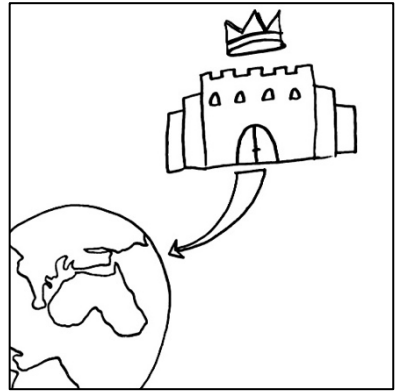
176. **How does God hallow his Name?** God's Name is holy in itself, and God glorifies his Name by saving fallen humanity, by building his Church, and by establishing his kingdom in this world and in the age to come. (*Nehemiah 9:9–10; Psalm 111:9; Ezekiel 36:22–32; Luke 1:49; John 12:23–28; Acts 4:24–31; Ephesians 5:25–27; 1 Peter 2:4–9*)

177. **How can you hallow God's Name?** I can honor God's Name as holy by worshiping him, serving others, and living in loving obedience as his child and a citizen of his kingdom. (*Deuteronomy 4:6–8; Psalm 105:1–6; Ezekiel 36:16–32; Matthew 5:16; Hebrews 13:15–16*)

the second petition: "thy kingdom come"

178. **What is the second petition?** The second petition is "Thy kingdom come." (*Matthew 6:10*)

179. **What is God's kingdom?** The kingdom of God is the just and peaceful reign of Jesus Christ over all the world, especially in the lives of his faithful people, through the powerful work of the Holy Spirit. (*Psalms 103:19; 145:11-13; Isaiah 11:1-9; Daniel 4:28-37; Mark 1:14-15; Luke 17:20-21; Ephesians 1:3-14; Colossians 1:9-14*)



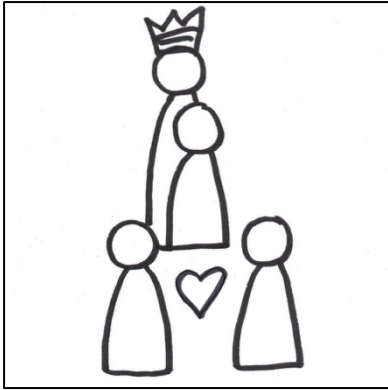
180. **When you pray for God's kingdom to come, what are you asking?** I pray that the whole creation may be renewed and restored under its rightful Lord, now in part and fully in the age to come. (*Psalms 72; Daniel 7:27; Mark 14:25; Romans 8:19-25; Philippians 2:9-11; Revelation 11:15-18; 21:5*)

181. **How does God's kingdom come?** God's kingdom is announced to the people of Israel, arrives in Jesus Christ, and advances through the Church's mission. It will appear in its fullness once Christ returns in glory. (*Psalms 102:12-22; Daniel 2:31-45; Matthew 10:5-8; Mark 4:26-32; Acts 1:1-11; 1 Corinthians 15:19-28*)

182. **How do you live in God's kingdom?** As a citizen of God's kingdom, I am called to live in obedience to God's Word and will, in loving witness and service to others, and in joyful hope of Christ's return. (*Psalms 15; Ezekiel 37:20-28; Mark 4:1-25; Romans 14:17; Philippians 3:17-21; 1 Peter 2:9-12*)

the third petition: “thy will be done, on earth as it is in heaven”

183. **What is the third petition?** The third petition is “Thy will be done, on earth as it is in heaven.” (*Matthew 6:10*)



184. What is God’s will?

God’s will is to reconcile all things to himself in Jesus Christ and to establish his kingdom on the earth. His will is revealed in the whole of Scripture and especially in Jesus Christ, whom I am called to serve and imitate with my whole life. (*Deuteronomy 6:4–5; Psalm 119:1–16, 104–5; Proverbs 4:1–9; Matthew 22:36–40; John 6:39–40; Romans 8:28–30; 12:1–2; 2 Corinthians 5:18–19*)

185. What do you pray for as you seek God’s will?

I pray for God to break the dominion of the world, the flesh, and the devil; to establish justice and thwart the plans of the wicked; to strengthen and direct his Church; and to extend the kingdom of his grace. (*Psalm 10:17–18; Matthew 16:17–18; Luke 18:7–8; Ephesians 6:10–20; 2 Thessalonians 3:1–2; 1 Timothy 2:1–4*)

186. How can you do God’s will?

I can walk in God’s will by loving him and my neighbor, and by taking my part in the Church’s mission to extend his kingdom in the world. (*Deuteronomy 30:11–16; Psalm 15; Micah 6:8; Matthew 28:19–20; Mark 12:28–34; 1 Thessalonians 4:1–8; 1 John 2:15–17*)

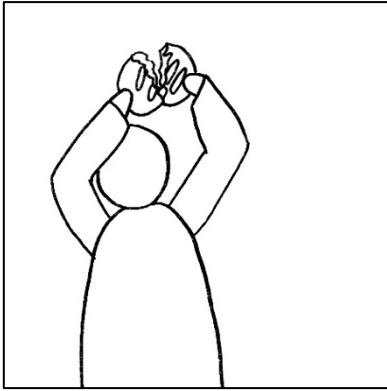
187. Why do you pray, “on earth as it is in heaven”?

In heaven, God’s Name is perfectly hallowed, and his will is perfectly obeyed and fulfilled. I pray for his kingdom to be established fully and his will to be accomplished on earth, that his Name may be perfectly hallowed in all creation. (*Psalm 103:19–22; Isaiah 11:1–9; Daniel 4:34–35; Ephesians 1:15–23; Revelation 4:8–11*)

the fourth petition: "give us this day our daily bread"

188. **What is the fourth petition?** The fourth petition is "Give us this day our daily bread." (*Matthew 6:11; see also Luke 11:3*)

189. **Having prayed first for God's glory, kingdom, and will, what do you now pray?** I pray for my needs and those of my brothers and sisters: for daily provision, pardon for sins, and protection from evil. (*Psalms 25:16–18; 34:8–10; 71; Lamentations 2:19; Matthew 7:7–11; Philippians 4:6*)



190. **What does "our daily bread" mean?** Daily bread includes all that we need each day for our bodily provision and spiritual nourishment. (*Exodus 16:4; Psalm 105:39–42; Proverbs 30:7–9; John 6:1–14, 41–51; Philippians 4:19*)

191. **Why should you pray for daily bread?** God calls me to trust him for the needs of each day, to be concerned for the needs of others, to be content with

what I have, and to grow in gratitude for his provision. (*Exodus 16; Psalm 78:15–20; Matthew 6:25–34; James 4:2–3*)

192. **Why does God give you daily bread?** God gives me daily bread because he is a good and loving Father, who gives good things to all his children, sustains us in life, and desires that we grow daily in his grace. (*Psalms 103:13–14; 104:27–30; Isaiah 40:11, 29–31; Matthew 7:9–11*)

the fifth petition: “and forgive us our trespasses”

193. What is the fifth petition?

The fifth petition is “Forgive us our trespasses, as we forgive those who trespass against us.” (*Matthew 6:12*; see also *Luke 11:4*)

194. What are trespasses?

A “trespass” is a sin—a thought, word, or deed which offends God’s holy character and violates his Law, missing the mark of his will and expectations. (*Isaiah 53:6*; *1 John 3:4*)



195. **Do you sin against God’s Law?** Yes. I, together with all humankind, sin daily against God’s Law, in thought, word, and deed, both by what I do and by what I fail to do. (*Psalms 14:2–3*; *Proverbs 20:9*; *Ecclesiastes 7:20*; *Romans 3:9–18, 23*; *1 John 1:8–10*)

196. **What is God’s forgiveness?** God’s forgiveness is his merciful pardon of sin and removal of the guilt that results from our disobedience. (*Psalms 32:1–2*; *51:1–17*; *Isaiah 1:18*; *55:6–9*; *Jeremiah 33:7–9*; *Matthew 18:23–27*; *Colossians 2:13–14*)

197. **On what basis do you ask forgiveness?** I ask God our loving Father to forgive me through his Son, Jesus Christ, who bore my sins upon the Cross, so that through faith and Baptism I can receive his righteousness. (*Isaiah 53:4–12*; *Daniel 9:16–19*; *Luke 18:9–14*; *Acts 2:38*; *13:38–39*; *Romans 5:17*; *Hebrews 9:11–26*)

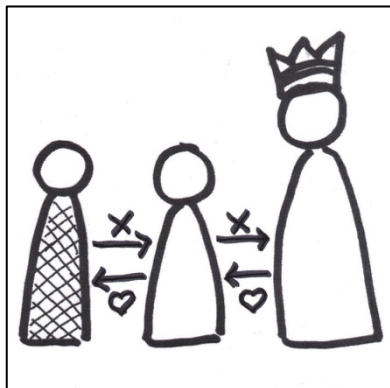
198. **Does God forgive your sins?** Yes. In Christ, God freely forgives the sins of all, including me, who sincerely repent and in true faith turn to him. (*Leviticus 16:29–34*; *Psalms 103:8–14*; *Isaiah 55:6–9*; *Jeremiah 31:31–34*; *Matthew 6:14–15*; *Hebrews 10:11–18*; *1 John 1:9–10*)

“as we forgive those who trespass against us”

199. Why should you forgive others?

I should forgive others because, while I was still a sinner, God forgave me through Jesus Christ. Failing to forgive impedes God’s work in my life and gives opportunity to the evil one.

(Genesis 50:15–21; Psalm 133; Matthew 18:21–35; Luke 23:34; Ephesians 4:30–32; Colossians 3:12–13)



200. How do you forgive others?

Forgiveness is a decision of my will and an attitude of my heart that seeks the good of my neighbor, and chooses not to hold against them the damage they have inflicted. I forgive whether they have asked for forgiveness or not. *(Exodus 23:4; Leviticus 19:17–18; Matthew 5:38–48; Luke 17:3–4; 23:34; Acts 7:60; Romans 12:14, 17–21; James 5:9; 1 Peter 3:9)*

201. Will your forgiveness of others always result in reconciliation?

No. Though my decision and desire to forgive may not result in my neighbor’s repentance or our reconciliation, I am still called to forgive. *(Matthew 18:15–35; Romans 12:17–21)*

the sixth petition: “and lead us not into temptation”

202. **What is the sixth petition?** The sixth petition is “And lead us not into temptation.” (*Matthew 6:13; Luke 11:4*)

203. **What is temptation?** Temptation is any enticement to turn from faith in God and to violate his commandments. (*Proverbs 1:8–19; James 1:14–15*)

204. **What are the sources of temptation?** I am tempted by the false promises of the world, the selfish desires of my flesh, and the lies of the devil, all of which war against God and my spiritual well-being. (*Genesis 3:1–8; Proverbs 30:7–9; Mark 7:15; James 1:13; 1 John 2:15–17*)

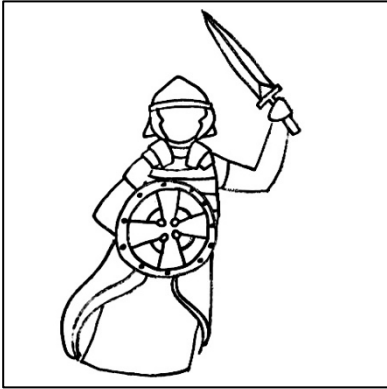
205. **What help do you seek from God in the face of temptation?** I ask God to increase my faith to trust him, enliven my conscience to fear him, soften my heart to love him, and strengthen my will to obey him, that I may resist evil and stand in the face of temptation. (*Proverbs 2; Matthew 4:11; Luke 22:31–32; 1 Corinthians 10:12–14; James 4:5–10*)

206. **Does God lead you into temptation?** No. God never tempts anyone, nor is he the cause of any sin; but he does allow me to be tested so that I may grow in faith and obedience. (*Genesis 22:1–18; Job 1:6–12; Psalm 11:4–5; Proverbs 17:3; Matthew 4:1; James 1:12–15*)

207. **What are ways to guard against temptation?** As I abide in Christ, I can guard against temptation by praying for protection and strength, confessing my sins, recalling God’s Word, avoiding tempting situations, and seeking the support of fellow Christians. (*Genesis 39:7–12; Psalm 119:9–11; Matthew 4:1–11; Mark 14:38; Romans 13:11–14; Ephesians 6:13–18; 1 Peter 4:1–2, 7*)

208. **How can the Church help you to resist temptation?** In the fellowship of Christ’s Body, I can find companionship when I am lonely or vulnerable, support to resist ungodly influence, wisdom to guard me from folly, exhortation to grow in holiness, and discipline to correct me when I fall into error. (*Matthew 18:15–20; Galatians 6:1–5; 1 Thessalonians 5:11, 14–16; James 5:16*)

the seventh petition: “but deliver us from evil”



209. **What is the seventh petition?**

The seventh petition is “But deliver us from evil.” (*Matthew 6:13*)

210. **What is evil?** Evil is the willful perversion of God’s will. Evil defies God’s holiness, violates his Law, enslaves us to sin, and mars his good creation. (*Genesis 3:1–19; 4:1–8; 6:5; Proverbs 1:10–19; Isaiah 59:4–13; Mark 7:20–23; 1 John 3:4*)

211. **If God is good, why does he permit evil?** God created rational creatures free to love, obey, and worship him, but we have used our freedom to reject his love, rebel against him, and choose evil. Yet no evil can thwart God’s purposes, and he is able to use evil to bring about even greater good. (*Genesis 6:5; Judges 2:19–23; Psalm 10; Ecclesiastes 7:29; Romans 8:18–28; Hebrews 2:8–18; Revelation 2:18–29*)

212. **Is God responsible for evil?** No. The sinful choices of his creatures do not implicate God in evil in any way. (*Deuteronomy 30:15–19; Romans 7:7–25; James 1:13–15*)

213. **Did evil exist before the human race embraced it?** Yes. Satan had already opposed God and chosen evil when he tempted Adam and Eve. (*Genesis 3: 1–5; John 8:44*)

214. **What are Satan and his 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. (*Job 1–2; Daniel 10:20–21; Luke 8:26–29; 9:37–43; 11:14–26; Acts 16:16–18; 2 Thessalonians 2:9–10*)

215. **How did Satan and his angels turn to evil?** Satan and his angels were overcome by envy and pride and rebelled against God. (*Isaiah 14:12–15; Ezekiel 28:12–19; 1 Timothy 3:6; Jude 6; Revelation 12:7–12*)

216. **What are angels?** Angels are rational, spiritual beings created by God. God's holy angels 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. (*Numbers 22:21–31; Psalm 148:1–6; Isaiah 6:2–3; Luke 1:19, 26–33; Acts 12:7–11; Hebrews 1:7–14; 13:2*)

217. **How does God overcome evil in this world?** God has triumphed over all the powers of evil through the death, resurrection, and ascension of his Son, Jesus Christ. God will finally destroy all evil, including death, at the end of the age. (*Psalms 46; 110:1; Isaiah 52:7–10; Daniel 7:9–14; Luke 21:25–28; 1 Corinthians 15:24–28; Colossians 2:13–15; Hebrews 2:7–9, 14–15; Revelation 21:1–8*)

218. **How does God redeem evil?** Though disaster, disease, death, and 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 5:3–5; 8:28; Hebrews 12:3–11*)

219. **From what evil do you seek to be delivered?** I seek to be delivered from my own fallen inclination toward evil. I also seek God's deliverance from the devil; from the dangers of the day and night; from sorrow, sickness, and horror; from injustice and oppression; and from everlasting damnation. (*Psalm 91; Luke 18:1–8; 22:31–32; Romans 7:15–25; 2 Corinthians 1:8–11; 2 Thessalonians 3:1–2; 1 Peter 5:8–9; "The Great Litany," Book of Common Prayer 1662*)

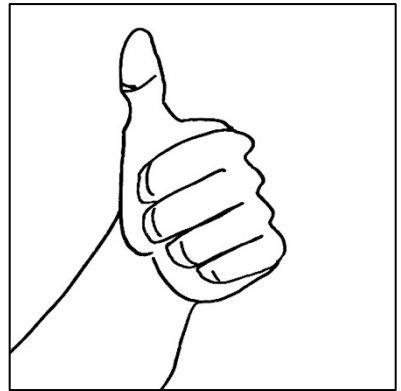
220. **How does God deliver you from evil?** Jesus has conquered the dominion of darkness and now grants me victory over sin and evil through the Holy Spirit. He transforms my mind and heart to see and oppose evil, and gives me the power to overcome it. He gives me strength to endure my trials gracefully and may even remove them from me. (*Psalm 23; Ezekiel 36:24–27; Matthew 10:16–20; John 17:11–17; 2 Corinthians 12:7–10; James 4:7–8; 1 Peter 5:8–9*)

the doxology and amen

221. **What is the doxology of the Lord's Prayer?** The doxology often added to the Lord's Prayer is "For thine is the kingdom, and the power, and the glory, for ever and ever. Amen" (*Matthew 6:13*). A doxology is a short phrase or hymn giving glory to God. (*Ephesians 3:20-21; 1 Timothy 1:17*)

222. **What does "kingdom, power, and glory" mean?** Mirroring the first half of the Lord's Prayer, the Church rejoices that God is already reigning over all creation, working out his holy will, and hallowing his Name in earth and heaven. (*1 Chronicles 29:11-13; Revelation 5:11-14*)

223. **Why do you end the Lord's Prayer by saying "Amen"?** By saying "Amen," which means "so be it," I declare my agreement with the prayer. I unite with the faithful, and together we pray as Jesus commanded, believing that our petitions please the Father, and trusting that he will hear and answer us. (*Nehemiah 8:1-3, 5-6; Psalms 72:18-19; 106:48; 2 Corinthians 1:19-20; Revelation 19:1-4*)



a rule of prayer: scripture, prayer, and worship

224. What is a “rule” of prayer?

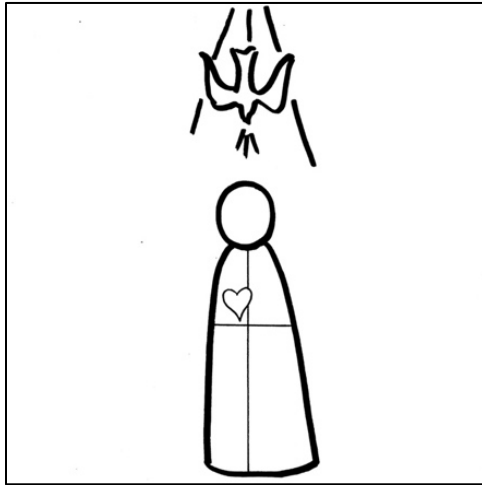
A rule of prayer is a regular discipline by which I cultivate a life of prayer and grow to love and glorify God more fully. (*Psalms 5:1–3; 119:164; Daniel 6:6–13; Mark 1:35–39; Luke 5:12–16; Ephesians 6:10–20*)

225. What can hinder your regular prayers?

My prayers may be hindered by many things, such as lethargy or loss, selfishness or sin, distractions or difficulties, or seasons of spiritual dryness. With God’s help, a rule of prayer strengthens me to overcome all these. (*1 Kings 19:1–18; Psalm 116; Matthew 26:36–46; Luke 20:45–47; Romans 8:22–27*)

226. What nurtures a fruitful life of prayer?

My life of prayer is fed by the regular reading of Scripture, practice of personal prayer, and corporate worship of God. The ancient three- fold rule of the Church encourages weekly Communion, the Daily Office, and private devotions to shape this way of life. (*Psalm 1; John 15:1–17; Ephesians 5:15–20; Philippians 4:8–9; Hebrews 10:19–25*)



A Prayer for Increase in the Love of God

O God, you have prepared for those who love you such good things as surpass our understanding: Pour into our hearts such love towards you, that we, loving you in all things and above all things, may obtain your promises, which exceed all that we can desire; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Amen.

