



## Five Ways to Improve Our Prayer Life

How much blood, sweat and tears are expended to win a trophy from some sporting event? A surprise Birthday party? If we can expend so much time, money, emotional and physical energy for such natural pursuits, should we not at least expend more of our time and energy in what is the greatest of all arts, “The art of all arts” -- that is learning the Practice of Prayer?

1. **Conviction.** First, we must be convinced of the importance of prayer in our life and for our eternal salvation. An easy analogy for us to remember: as air is to the lungs, so must prayer be to our soul. Without air for the lungs, death arrives quickly. Likewise, the prayer-less person can easily fall prey to temptation and fall into mortal sin and lose out on God’s Friendship.

2. **Confession.** If we are not at peace with God, if our conscience is reproaching us, if we have unforgiven and unconfessed sins, we will find that talking face-to-face with God as friends will be all the more difficult. Confession need to be undertaken as often, as needed.

3. **Set a time and a place to pray.** Humans are a creature of habit. We need to intentionally form the habit of prayer. This habit will result in our salvation and aid in the salvation of others. We can pray at any time and any place and in any circumstance. There are suggested “Prime times” to pray: Morning upon arising from sleep, grace before meal;, before going on a trip; the family Rosary in the evening before dinner; and night prayers before falling asleep.

4. **Mass and Holy Communion.** By far the greatest prayer in the world is the Holy Sacrifice of the Mass. Sunday Mass is obligatory, under pain of mortal sin. However, if we are truly in love with God, we should not aim for the minimum but rather the maximum! The greatest action and gesture under the heavens that will lead us to eternal life in heaven is to assist at Holy Mass and receive Holy Communion fervently, humbly, and with great confidence.

5. **Seek Our Lady of the Rosary.** Our Lady of Fatima appeared in 1917 from May to October. In every one of the Apparitions she insisted on the praying of the Rosary. Saint Pope John Paul II, in *Blessed Virgin Mary and the Rosary*, also insisted that we pray the Rosary and for two specific important intentions: 1) for world peace, 2) for the sake of the family. The family should find a time and place to pray the Rosary every day.

If we implement these five concrete practices in our personal prayer life then we will bring forth fruit and fruit in abundance! May Our Lady of grace inspire us to a greater daily prayer life.

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