

Jesus Teaches Us about Prayer

Jesus prayed and spent **time alone**. He withdrew “again” to the mountain when the people determined to make him king. (Jn.6:15)

He observed the **Sabbath** in the synagogue in his home town, Nazareth. (Lk.4:16)

He went up to the temple for **Passover** and cleared it of traders and money – changers. (Jn.2:13)

He prayed the **psalms** in his final moment of agony on the cross. (Ps.21:1)

He taught us **The Lord’s Prayer** when pestered by his disciples. (Lk.11.1)

He told us to pray to the Father simply and in private in our “**inner room**” with the door closed. (Mt.6:5-8)

He told us to **persevere** in prayer like a friend knocking on his neighbour’s door even at midnight. (Lk.11:5-13)

Jesus cautioned against “**many words**” because the Father know our needs before we even ask. (Mt.6:7)

Mantras, “**aspirations**” and the Jesus Prayer do not fall into this category of “many words” as repetition here is designed to create rhythm, mindfulness and a contemplative stance. (Mt.6:7)

Jesus asks Bartimaeus, “What do you want me to do for you?” **Intention and focus** are different but important elements of prayer. (Mk.10:46-52)

The Tax Collector was **open, honest and without expectation** before God, whereas the Pharisee was proudly self-congratulatory. (Lk.18:9-14)

Again, the Good Thief was honest and compassionate and **without assumption or expectation**. (Lk.23:39-43)

