

## ST. ALOYSIUS GONZAGA PARISH

- Catholic Book Discussion: *The Jesuit Guide to (Almost) Everything* by Father James Martin, SJ
- Chapter 5: "Beginning to Pray – So I've found God...now what?", pages 103 to 114
- February 12, 2015

### DISCUSSION OUTLINE

1. Did you try out the "Examine" of St. Ignatius or the "Prayer Process" of Matthew Kelly these past few weeks? Was it helpful at all? Did you notice any growth, any change in your prayer-experiences? What did you learn about prayer?
2. Towards the end of Chapter 5, Father Martin asks the question: "What is prayer, anyway?" (bold print – page 110).
  - How would you answer that question?
  - How does Father Martin answer that question?
  - How do the Saints mentioned by Father Martin answer the question?
3. Father Martin writes: "I don't know anyone who does not feel the need to call to God to help...Petitionary prayer is natural, human, and common. It expresses our very real need for God's help." (page 105) When do you find yourself seeking God's help? How do you pray in these circumstances? What other kinds of "prayer" are there besides petitionary prayer?
4. "All of us are newcomers to prayer, because our relationship with God changes over time and is constantly renewed." (page 103) "God apparently wanted to be in a relationship with me. For the beginner, that's a key insight about prayer." (page 110) Do you sense that even at this time in your life you are still "a beginner"? Were these words of Father Martin helpful to you? Has your relationship with God changed?

5. The Story of Doris Brown: "Help me to pray better!"
  
6. Father Martin seems to imply that the goal of all prayer is "to develop a personal relationship with God." (page 113) What does he mean? How would you describe what it means to have "a personal relationship with God."?
  
7. See how much time you have to jot down a few ideas filling in the journal offered us by Matthew Kelly...
  
8. Anything us that struck you, challenged you, helped you, confused you that you wish to share with the roup...