

How great is prayer

Main Aim:

The main aim of the lesson really seems to be, To put our boys and girls to prayer and give them a greater understanding about prayer.

Not all the resources for this lesson have been referenced but most of the information we have, including the PPT, are from the writings of H.H. Pope Shenouda.

Here is a brief summary of the resources we have received about the How great is prayer lesson.

The Power point Presentation

The PPT has an emphasis on “ceaseless prayer”

It covers the following questions about prayer:

1. What is it?
2. How does it lead to God?
3. Why should we pray?
4. How can I grow to love the life of prayer?

Comments: A really good aspect of this PPT is that it doesn't portray prayer as something that is confined to certain times of the day, rather it encourages us to pray all the time- A Life of prayer

For Instance, it encourages us to decide on a short prayer that is suitable for us i.e. the Jesus prayer and to recite it several times, with depth, expressing personal feelings. (Important highlight that in this section that prayer is not about words, but a living heartfelt relationship with God.)

Below are some practical examples given in the PPT about using such prayer:

“Keep your mind busy with prayer while you are among people whose talk may hinder your salvation. You will not benefit from such talk, and, at the same time, you'll be embarrassed to walk away from the conversation. Stay there physically, but keep your heart busy with God in prayer without anybody noticing”

"You may also busy yourself with these prayers during the time you spend in public transport or in waiting for it or while you are waiting for somebody. This could also save you from anxiety. "

"Whenever you find a chance to pray, take advantage of it. That is how you overcome the problem of "wasting time" and get used to prayer"

The Word Documents

There's a wealth of content in the word documents (which the PPT is largely, if not completely based on)

Some important topics covered in the word documents include:

Conditions of acceptable prayer: i.e. without pride, without hypocrisy.

very important to be honest in prayer a nice quote from C.S. Lewis: "in prayer we ought to lay before God what is in us, not what ought to be in us"

Exercises in prayer and depth: i.e. get up early and start the day in prayer so that the first One you speak to is The Lord. (A lot of tips are mentioned in this part of the word document!)

The meaning of the Agpia: i.e. it mentions a bit of history about the Agpia; In the Council of Nicea 7 Canonical hours were appointed as a Holy practice of the true believers.

Something practical we can do:

Give our class the names of all the students in the class on a small list that they can keep in their Agbia/Bible, so that we can all pray for each other (if we haven't already).

Other Resources:

A talk by HGB Youseff "Lord teach us to Pray" it says it's in Arabic, but it's both eng/Arabic.

<http://www.suscopts.org/resources/audio/hg-bishop-youssef/english-sermons/>