

Prayer is a path that leads to God;
Prayer is a window that reflects God's Light;
Prayer is a heart open to God's love.
What is Prayer for You?

Windows of Prayer

In prayer we raise our hearts and minds to God. We ask God for the good things we need, we thank him for his gifts, we express our sorrow for sin, we pray for others, and we praise him for his goodness. With the help of the Holy Spirit and the tradition of the Church, we can pray in many ways. Here is one you might like to try.

Look at the empty stained glass window in your packet. How would you complete it? Here is a suggestion: make this window into an expression of your relationship with God. Like a stained glass window, this relationship has many dimensions. Think about the sacraments you have celebrated; you may want to symbolize each one in a section of your window. Think about your times of prayer, both during the liturgy and alone. These could be symbolized in sections of your window. How do family and friends help you find God? Symbolize this in your window as well.

Where do you see and experience God in your life?

Now, get out your crayons, colored pencils, markers or whatever you can utilize to make your prayer window a reality. Pray and meditate on the events that you are depicting on your window. This is a great way to visualize and internalize all the blessings God has given us and to remind us to always include prayers of thanksgiving.