



## #John15Challenge

Jesus said: "Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me. I am the vine, you are the branches. **Whoever remains in me and I in him will bear much fruit, because *without me you can do nothing*.** Anyone who does not remain in me will be thrown out like a branch and wither; people will gather

them and throw them into a fire and they will be burned. If you remain in me and my words remain in you, ask for whatever you want and it will be done for you. **By this is my Father glorified, that you bear much fruit and become my disciples.** As the Father loves me, so I also love you. Remain in my love." John 15: 4-10

**The Catechism of the Catholic Church states in paragraph [2697](#):**

Prayer is the life of the new heart...But we tend to forget him who is our life and our all. "We must remember God more often than we draw breath." But **we cannot pray "at all times" if we do not pray at specific times, consciously willing it...**

**Prayer is about a relationship with God.** You cannot grow in friendship with someone unless you take time to hang out with them—get to know them, talk to and listen to them. It's the same with God. ***Make a DAILY COMMITMENT to quality One on one time with God -- for at least 15 minutes every day.*** Talk to Him. Listen to Him. Dream with Him. Read His [WORD](#). Chew on it. If you are **already doing 15 minutes, up it to 30.** Already 30 minutes a day with God? Do 45...and so on.

## Here's a suggestion for your prayer time:

**Spend half the time talking to God (maybe try the "ACTS" method below) and half the time actively listening to God**—reading the Bible, or just being still and asking Him what He wants to say to you and listening for the answer. Journaling—writing to God what you are saying in your head can be very helpful too!

### **ACTS – Adoration, Confession, Thanksgiving, Supplication**

**Adoration**—put yourself in the presence of God. Adore and praise God—remember who it is You are praying to—a powerful and loving God who made you and knows you.

**Confession**—be humble before Him and acknowledge your sins (if these are serious then take them to the Sacrament of Confession as soon as possible).

**Thanksgiving**—thank Him for the many, many blessings He gives us

**Supplication**—ask Him for what you need, tell Him, your problems—He's got good ears. Intercede for others.

Remember **Prayer is hard work**. It takes **commitment**. If we wait until we "feel like it" we may never pray. **Love is a choice**. God gives us free will. Choose today whom you will serve. Make a commitment to God who has already committed His love to you on the Cross. Give Him a when and a where you will meet Him. Then, when your prayer-muscle is stronger, **increase the time**.

### **My Commitment:**

Lord, I plan to meet You \_\_\_\_\_ (where) to have quality time, talking and listening to You every day at \_\_\_\_\_ (time) for \_\_\_\_\_ (amount of time). During our quality time I will incorporate the following methods of prayer (list out what you intend to include in your prayer time):

For more great resources on the "how to" of praying search "Ascension presents and prayer" on youtube!