



## JESUS ON PRAYER

**Let's reflect and examine the 22 benefits of prayer according to Jesus.**

**196:1.3** **Of all human knowledge**, that which is of greatest value is to know the religious life of Jesus and how he lived it. (Emphasis added)

**196:0.10** When you study the career of the Master, as concerns prayer or any other feature of the religious life, look not so much for what he taught as for what he did. Jesus never prayed as a religious duty. To him, prayer was:

- 1.** a sincere expression of spiritual attitude,
- 2.** a declaration of soul loyalty,
- 3.** a recital of personal devotion,
- 4.** an expression of thanksgiving,
- 5.** an avoidance of emotional tension,
- 6.** a prevention of conflict,
- 7.** an exaltation of intellection,
- 8.** an ennoblement of desire,
- 9.** a vindication of moral decision,
- 10.** an enrichment of thought,
- 11.** an invigoration of higher inclinations,
- 12.** a consecration of impulse,
- 13.** a clarification of viewpoint,
- 14.** a declaration of faith,
- 15.** a transcendental surrender of will,
- 16.** a sublime assertion of confidence,
- 17.** a revelation of courage,
- 18.** the proclamation of discovery,
- 19.** a confession of supreme devotion,
- 20.** the validation of consecration,
- 21.** a technique for the adjustment of difficulties,
- 22.** and the mighty mobilization of the combined soul powers to withstand all human tendencies toward selfishness, evil, and sin.