

Scripture: Matthew 17: 1-9

What does God want us to know? Prayer is more than reciting/repeating "fabricated" prayers.

What does God want us to do? To spend 5 or 10 minutes of silent prayer during the week and the rest of lent.

In the Gospel, Jesus takes Peter, James, and John up into Mount Tabor to pray. It is there that they see Jesus in his glory. **Prayer connects us to the glory of God and yet many Catholics don't take it seriously.** We will examine why we don't pray and look at how to make it more of a habit.