



# **A School of Prayer: The Saints Show Us How to Pray**

*Benedict XVI*

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## **A School of Prayer: The Saints Show Us How to Pray** Benedict XVI

Prayer is essential to the life of faith. In this superb book, based on Pope Benedict's weekly teaching, he examines the foundational principles of the life of prayer. Believers of various backgrounds and experience in prayer—from beginners to spiritually advanced—will be enriched by this spiritual masterpiece.

Benedict begins considering what we can learn from the examples of prayer found in a wide range of cultures and eras. Next, he turns to the Bible's teaching about prayer, beginning with Abraham and moving through Moses, the prophets, the Psalms to the example of Jesus. With Jesus Christ, Pope Benedict considers not only the Lord's teaching about prayer, but also his example of how to pray, including the Our Father, his prayers in the Garden of Gethsemane, and prayers on the Cross. The prayers of Mary, the Mother of Jesus, and the early Church are also explored. Benedict also draws on insights from spiritual masters, the saints, and the Church's liturgy. He challenges readers to live their relationships with God "even more intensely, as it were, at a 'school of prayer'."

Although Benedict provides a sweeping survey of great figures of prayer, his discussion centers on Jesus Christ and even invokes him in the study of prayer. "It is in fact in Jesus," writes Benedict, "that man becomes able to approach God in the depth and intimacy of the relationship of fatherhood and sonship. Together with the first disciples, let us now turn with humble trust to the Teacher and ask him: 'Lord, teach us to pray' (Lk 11:1)."

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