

§ 94 § 4) Prayer

(See the Catechism, nos. 2558-2865; General Directory for Catechesis, nos. 84-85, 87.)

- Become familiar with the diverse *forms and expressions of Christian prayer*, with special attention to "the *Our Father*, the prayer which Jesus taught his disciples and which is the model of all Christian prayer."⁷¹
- Experience and appreciate the richness of the Catholic *ascetical-mystical tradition* as it has taken form across the centuries in diverse historical and cultural settings.
- Develop a regular *pattern of personal prayer* and spiritual reflection, recognizing vocal prayer, meditation, and contemplative prayer as basic and fruitful practices in the life of a disciple of Jesus.
- Engage in *shared prayer with others*, especially family prayer, as well as at parish meetings and in small communities of faith.
- Recognize and encourage practices of *popular piety and devotion* that help believers express and strengthen their faith in Jesus Christ.