

serious problem or decision. 33% would first seek out the guidance of their priest or confessor, and another 20% would first turn to their spouses.



Meditation



Family prayer

In general, most Catholics look on private prayer as a sustaining force in their everyday life. It is seen as a vital element in the expression of faith and the day to day living out of that faith.

depths of His love. He sees and cares. Jesus assures us of this. "Not a single sparrow falls to the ground without your Father's consent. As for you, every hair of your head has been counted; so do not be afraid of anything. You are worth more than an entire flock of sparrows" (Mt. 10: 29-31). We are enveloped in God's loving concern. Though much of the time we are quite forgetful of Him, He never forgets us.

The Time of Renewal should help us to mature our notion of prayer. In the perspective of God's seeing us and our looking to Him, it is impossible to

# Time of Renewal

Traditional symbols of prayer

