

Contents

Acknowledgments	v
Preface	vii
CHAPTER ONE	<i>Prayer: 'Reversed Thunder'</i> 1
CHAPTER TWO	<i>Five Principles of Prayer</i> 15
CHAPTER THREE	<i>Seven Habits of Prayerful People</i> 27
CHAPTER FOUR	<i>Prayer: A Job Description</i> 39
CHAPTER FIVE	<i>Our Father: A Spiritual Map</i> 51
CHAPTER SIX	<i>Overcoming Prayer's Five Obstacles</i> 65
CHAPTER SEVEN	<i>Prayer's Two Sides: Personal and Communal</i> 77
CHAPTER EIGHT	<i>Eight Ways to Be Happy</i> 89

CHAPTER NINE	<i>Becoming a Eucharistic People</i> 101
CHAPTER TEN	<i>The Heart of Discipleship</i> 113
CHAPTER ELEVEN	<i>Praying the Beatitudes</i> 125
CHAPTER TWELVE	<i>Nine Prayer Companions</i> 137