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**Seeking Discoveries**

What is prayer about?

What kinds of prayer help you to listen to God?

**Understandings:**

Friends listen to each other.

Prayer is about listening to and building a friendship with God the Father, with God’s Son Jesus Christ, and with the Holy Spirit.

People can build a friendship with God through formal prayer and personal prayer.

There are many forms of personal prayer.

**Scripture Text**

Lk 11: 1–4.