

Questions for Chapter 18: The Necessity of Prayer and the Spiritual Life

1. What do we mean by spirituality? How does this relate to virtue? What is the role of Grace?
2. Why is detachment necessary to growth in the spiritual life?
3. What is prayer? Name the four types of prayer.
4. There are three major expressions of prayer. What are they, and how can we practice each of them? What difficulties can we expect to encounter in prayer?