As followers of Jesus Christ prayer for our students is the best way to communicate with God. Prayer is the vehicle for daily dialog with the One who created us. The importance of daily communication through prayer cannot be overestimated. It is so important that it is mentioned over 250 times in Scripture. So why is daily prayer so important? At St Patrick’s we believe that daily prayer gives us an opportunity to share all aspects of our lives with God. Secondly, daily prayer gives us the chance to express our gratitude for the things God provides us with. Thirdly, daily prayer provides the platform for confessing our sin and asking for help in overcoming that sin. Finally, daily prayer is an act of worship and respect.