

Now that Jesus is in heaven, does He still pray to His Father?

We know that Jesus prayed to His Father while on earth. But does He still pray, since He is in heaven and, after all, is God Himself?

Yes, we know that after ascending to His Father in heaven, Jesus constantly prays for us as the mediator who assures us of the outpouring of the Holy Spirit (see *Catechism of the Catholic Church*, [nos. 659-67](#)).

But let's back up for a moment. The fact that Jesus prays to the Father at all is remarkable, since as you rightly note, He is true God.

Yet, the Gospel often shows Jesus at prayer. We see Him draw apart to pray in solitude, even at night. He prays before the decisive moments of His mission or that of His apostles. In fact, all His life is a prayer *because He is in a constant communion of love with the Father* ([Compendium of the Catechism of the Catholic Church](#), q. 542; see also Catechism, nos. [2599-2606](#))

That last sentence is crucial. He prays because He desires to be in a constant communion of love with His Father, and not because Our Lord is stranded here on earth! God is not an isolated, closed off entity, but rather a communion of divine persons. And so prayer involves "communion," a sharing of life, a gift of self, "connecting" with another.

Any analogy is necessarily poor when we are trying to grasp an aspect of the inner life of God, but consider this:

The human relationship that most closely resembles the Trinity is marriage. Saying that Christ no longer needs to pray to the Father now that He's ascended to heaven is like saying that a couple no longer needs to communicate or even interact once they're married. Even though the man and woman become "one flesh" when they marry, they are still distinct persons. Their "communion" does not become unnecessary once they're married. On the contrary, their communion becomes more complete, intimate, and intense.

One other thing. Our prayer is effective because it's united with the prayer of Christ. We see this in a special way at Mass, which is a foretaste of the heavenly liturgy, where Christ eternally offers Himself to His Father in a complete, loving gift of self.

But even in our daily prayers, we typically conclude with something like "through Christ our Lord" or "in Jesus' name," precisely because through the gift of the Holy Spirit we desire to unite our prayer to that of Christ Himself in heaven, who lives forever to intercede for us (Hebrews 7:25).