

Opening Prayers Sign of the Cross, Our Father, Hail Mary, Glory Be, spontaneous prayer by all so moved, then...Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Teach us to pray so we might do your will like Mary, your Virgin Mother.

Purpose of Prayer (see *Catechism (CC) Part 4* - <http://www.clerus.org/bibliaclerusonline/en/index3.htm>, 1997 *Catechism*) Prayer is the raising of the heart and mind to God (Baltimore Catechism). God does the raising. A Christian who does not pray does not know the God into whom we were baptized, for prayer is communication & communion with God. Prayer helps us enter into and deepen our relationship with God.

The Heart of Christian Life – Prayer & Sacraments

The importance of prayer is that through it we receive grace, the very life of God – we get closer to God. Since God sustains us, prayer is our lifeline that feeds us just as do the sacraments (liturgical prayer).

Rosary: basic summary (more info, see <http://melekali.50megs.com/>, click either button: RosaryHTML = webpage or RosaryPDF = Adobe document for printing)

1. One can offer up the rosary for special intentions either before or after its recitation
2. Say introductory prayers: prepare to pray by making yourself aware of God's presence
3. Announce the mystery, a story or event from the Church, found in Scripture
4. Meditate on mystery while praying 1 Our Father, 10 Hail Mary's, 1 Glory Be (& other optional prayers – see site)
5. While we pray the prayers audibly, which work as a timing device, we think about the mystery

Main Catholic Prayers used in the Rosary (First introduce the 20 'mysteries') – Pray one mystery

Sign of the Cross – In the name of the Father and of the Son and of the Holy Spirit

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread as we forgive those who trespass against us and lead us not into temptation, but deliver us from evil, amen.

Hail Mary, full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of death, amen.

Glory Be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end, amen.

Church adage: "Singing, we pray twice" – play music: part of the EWTN Divine Mercy Chaplet & JMT song(s)

Heart, Mind & Body, Three kinds of prayer: **vocal, meditative & contemplative** (often used in tandem)

Vocal (CC #2700) is praying with your voice (formulated or impromptu) – key is to be honest with God who knows your heart, mind and body better than you do; we offer ourselves to God from the heart in formulated & spontaneous prayer

Meditative (CC #2705) is mental praying, such as thinking about (meditating upon) a biblical passage

Contemplative (CC #2709) is a prayer of the heart with interior silence (illustrated by a story of the man who sat)

Other Catholic Prayers (Liturgical and Other prayer)

- Mass (Liturgy)
- Liturgy of the Hours (aka *Divine Office* or *Breviary*) – prayer 8 times a day if all hours prayed
- Creeds (Apostles, Nicene, Athanasian, etc.)
- Devotions such as Divine Mercy Chaplet (St. Faustina), the rosary, Jesus Prayer (Eastern) – from Luke 18:10-14, to a favorite saint, to the Shroud, Stations of the Cross (14 stations commemorating Jesus passion & death), Novenas – nine X (days, Saturdays, months, etc.) of prayer which (comes from Acts), an appearance of Mary, etc.
- Work (everything, with the proper disposition, can be prayer)

Closing Prayers Thanksgiving and praise to God