

CHRISTIAN PRAYER

tools for life

Prayer Basics

we can pray in many different ways

Some people like to recite the Our Father and Hail Mary at least once a day. But have you ever had a conversation with God or Jesus like you would a friend? When you talk with God, practice including these four types of prayers:

- 1. Praise** "I praise you God because you are..."
(tell God how great He is!)
- 2. Thanksgiving** "Thank you, Lord for..."
(adapt and attitude of gratitude)
- 3. Supplication** "I'm sorry, Jesus, when I..."
(this helps you to be more faithful)
- 4. Petition** "Holy Spirit, I need... my family needs... our world needs..." (remember, God already knows what you need! And he will always give you what you need, but not always what you want.)
- 5. Offer** "God, I offer myself to you. I offer my day to you. I offer my joys and my struggles to you. I offer my talents and relationships and future to you." (When we open our hearts to God, He will REALLY BLESS what we offer Him!)



face time with jesus

To really get the idea that Jesus is present to me and listening to me, sometimes I set out an extra chair for him to "sit in." I talk with him as I would a friend sitting right next to me. Try it. It works. Get personal and trust the Jesus is always with you.



"And be sure of this: I am with you always, even to the end of the age" --Jesus
Matthew 28:20

The Our Father

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,

and forgive us our trespasses,

**as we forgive those who trespass
against us,**

and lead us not into temptation,

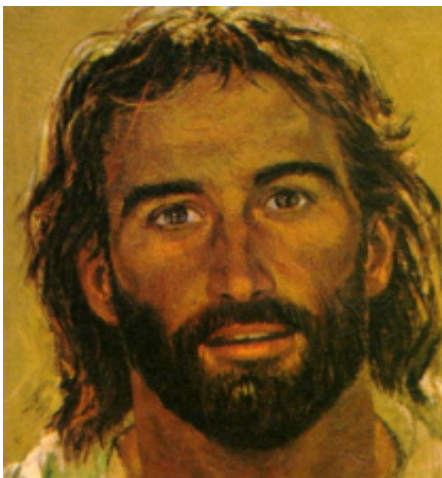
but deliver us from evil.



Conversational Prayer: “PAL”

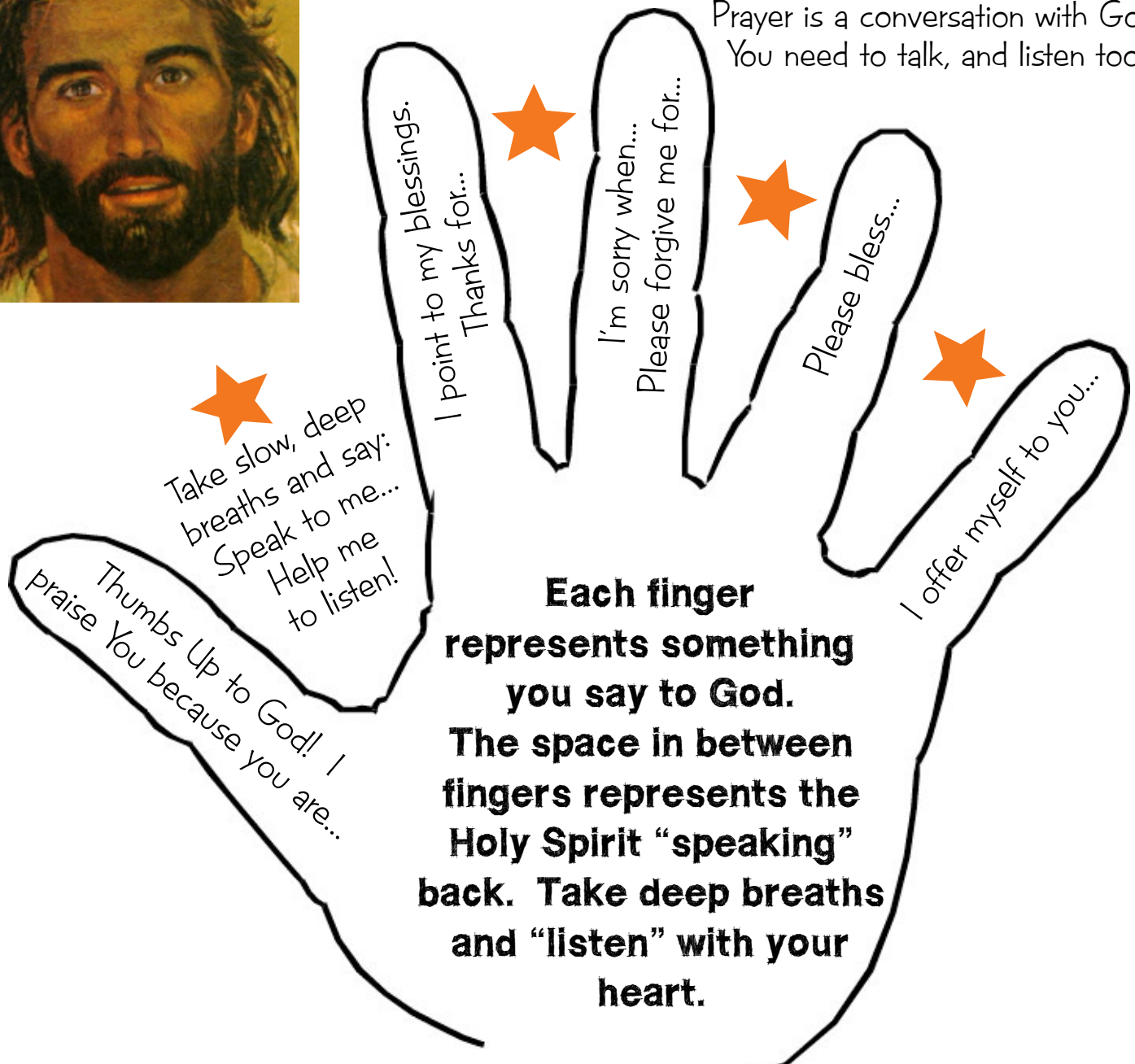
“In this prayer, we will talk with Jesus like a friend, our PAL. P stands for PRAISE and THANK. A stands for ASK and APOLOGIZE. L stands for LISTEN. Use your own words and pray silently.

- ♦ “In the name of the Father, and the Son, and the Holy Spirit...
- ♦ Jesus, we **P**raise you. Holy Spirit, we praise you. God our father in Heaven, we praise you. We thank you so much. Take a minute to tell Jesus how great he is—praise Him. And thank God for the people and things you are thankful for.”
- ♦ Jesus, we **A**pologize for when we turn away from you. We **A**sk you to bless our family and help us with our struggles. Take a minute to say you’re sorry to Jesus for any time you were not your best self. Ask God to help you and anyone in your life in need.
- ♦ Holy Spirit, help us to **L**isten to you and feel your presence. Take a minute to breath slowly, quietly, and deeply to listen for the Holy Spirit.

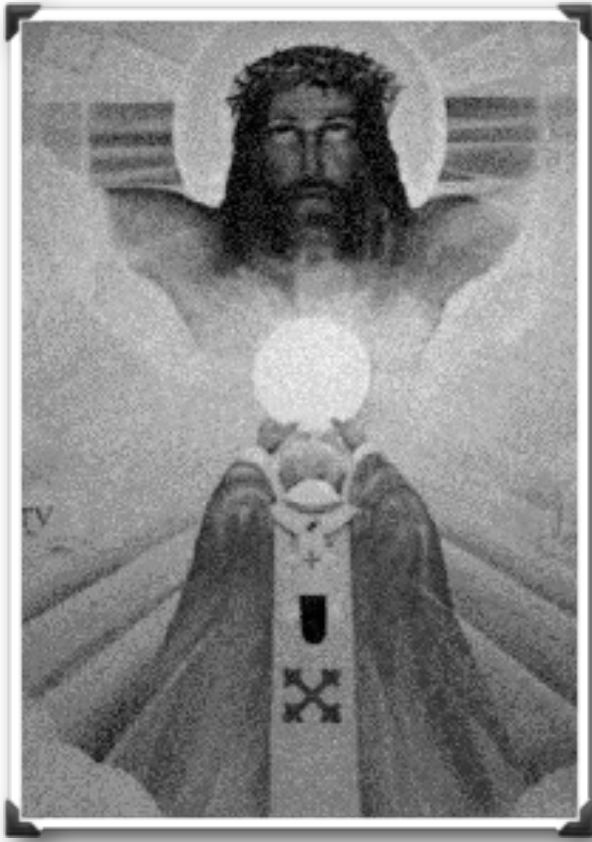


5 Finger Conversation Prayer

Prayer is a conversation with God.
You need to talk, and listen too.



EUCCHARISTIC ADORATION & meditation



Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.

Jeremiah 29:12-13

1. Quiet Your Inner Thoughts...

Slow down your breathing.

Breathe in and out slowly. Do it 10 times.

Breathe in the Holy Spirit.

Breathe out your troubles and worries.

2. Find a mantra...

Repeat a simple phrase over and over, very slowly to clear your thoughts. Something like:

"Jesus, I love you" or "I praise you, Jesus"

3. Listen and feel for God's peace

Don't rush. Don't think. Just BE.

"Be still, and know that I AM GOD"

Psalms 46:10

Eucharistic adoration

is a time honored practice of **spending time with** the Blessed Sacrament, **Christ in the form of the Eucharist**

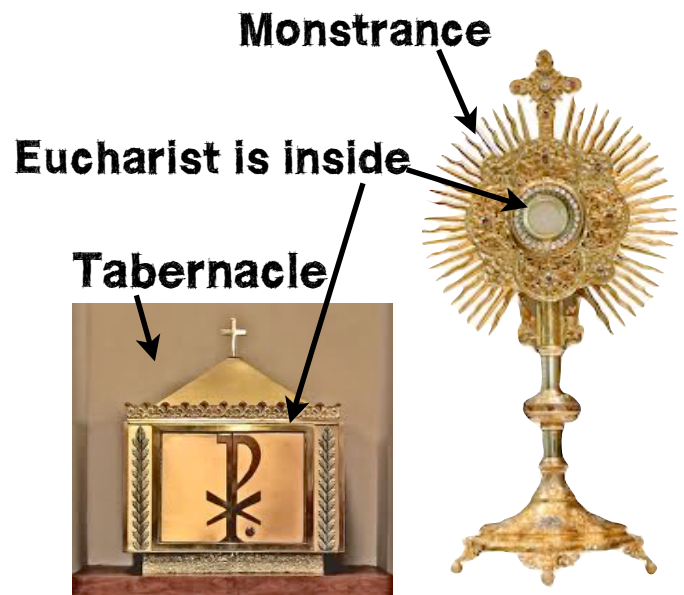
contemplating just what it means to be in his presence.

While Jesus Christ is God and therefore ever present and always around us and in us and other people, **he is offered to us to consume, and take in to our very bodies during communion, to eat and become one with him in a very unique way.**

We can take the time to contemplate and pray about that mystery and how it can be and **how much he must love us** to give himself to us.

Whenever the sacrament is exposed for adoration, it is placed in a Monstrance.

Everyday, Jesus in the Eucharist is kept in the Tabernacle. The candle burning reminds us of his holy presence within.



Praying With Scripture

For the word of God is living and active! Hebrews 4:12

★ Find a Verse

When you come across something that is meaningful to you, take a closer look. Single out one verse or even one phrase in a verse and read it slowly. Jesus talks to YOU every time you read His Word! Take personally what you read and allow yourself to soak up His loving message to you! Read it out loud!

★ Personalize it!

To “personalize” Scripture, change the formal words like **You** to personal words like **Me** or **I**.

For Example: “And let the peace of Christ rule in your hearts.

For as members of one body you are called to live in peace. And always be thankful.”

Get Personal: “God, let your peace rule in my heart.

For I am a member of Your body. I am called to live in peace. I am thankful for...”

Try one of these:

For Healing: **Psalm 30:3** “**O Lord, my God, I cried out to you and you healed me.**”

O Lord, my God, I cry out to you! Please heal _____. Or thank you for healing _____...

For Guidance: **Jeremiah 29:11** “**I know the plans I have for you, says the Lord. Plans to give you a future full of hope!**” God, help me to trust You and seek Your will for my life...

When you're fighting: **Matthew 6:44** “**Love your enemies and pray for those who persecute you.**”
God, help me to treat _____ with kindness. Please bless my enemies: _____...

★ Pray with it!

For Example: **1 Corinthians 13:4** “**Love is patient, love is kind. It is not jealous, not rude.**”

Praise God:

I praise You, God, because You are patient,
I praise You because You are kind!

Thank God:

Thank You, God, for these patient people
in my life...

Say You're Sorry:

I'm sorry, God, when I am impatient...
I'm sorry when I am rude...

Ask God:

Lord, help me to be more patient with...
Help me to be more kind to...

There is no “wrong” way to pray with Scripture. Just talk to me. I love you --Jesus

Where to look in
the Bible when
you need **HELP!!!**



HELP EMERGENCY

When in **sorrow**, call on John 14:1-4
When you have **sinned**, call on Psalm 51:1-10
When you **worry**, call on Matthew 6:25-34
When **God seems far away**,
call on Psalm 139:1-18
When your **faith needs stirring**,
call on Hebrews 11:1-14
When you are **lonely & fearful**,
call on Psalm 23:1-6
When you grow **bitter & critical**,
call on 1 Corinthians 13:1-13
For Paul's secret to **happiness**,
call on Colossians 3:15
When you **feel down & out**,
call on Romans 8:1
When you want **peace & rest**,
call on Matthew 11:28
When you want **courage** for a task,
call on Joshua 1:7
If you are **depressed**, call on Psalm 27:1
If people seem **unkind**, call on John 15:12-13
When you are **sad**, call on John 14:1
When you face **danger**, call on Psalm 91:1-2
When people **fail** you, call on Psalm 27:1-2
When **God feels far** from you,
call on Psalm 130:1-3
When your faith **needs encouraging**,
call on Hebrews 11:17-40
When you are **hated** because of your faith,
call on John 15:18-24
When you feel you're **failing**,
call on Psalm 121:3-4
When you are **scared**, call on Psalm 23:4

When you want to do **good works**,
call on John 15:5
When you need **courage**, call on Joshua 1:7
When you **don't feel loved**,
call on Romans 8:38-39
When you have **sinned**, call on 1 John 1:8-9
When you are **worried**,
call on Matthew 6:25-34
When you are **hurt**, call on Colossians 3:12-17
When you feel **no one** is on your side,
call on Romans 8:31-39
When you are **suffering**,
call on Romans 8:18-30
When you **pray**, call on Matthew 6:9-13
When you are in **need**, call on Philippians 4:19
When you are **losing hope**,
call on 2 Thessalonians 2:16-17
When you need **peace**, call on John 14:27
When you want to live a **happy life**,
call on Colossians 3:12-17
When you **don't understand** what God is
doing, call on Isaiah 55:8-9
When you want to **get along with
others**, call on Romans 12:9-21



How to recite the Holy Rosary

1. SAY THESE PRAYERS...

IN THE NAME of the Father, and of the Son, and of the Holy Spirit. Amen.

Father,
Son
Holy Spirit

I BELIEVE IN GOD, the Father almighty, Creator of Heaven and earth. And in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate; was crucified, died, and was buried. He descended into Hell. The third day He rose again from the dead. He ascended into Heaven, and sits at the right hand of God, the Father almighty. He shall come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

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, and forgive us our trespasses, 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 thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our 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.

O MY JESUS, forgive us our sins, save us from the fires of Hell; lead all souls to Heaven, especially those in most need of Thy mercy. Amen.

HAIL HOLY QUEEN, mother of mercy; our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us. And after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

O GOD, WHOSE only-begotten Son by His life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech Thee, that by meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

ANNOUNCE

2. IN THIS ORDER...

INTRODUCTION

1. IN THE NAME...
2. I BELIEVE IN GOD...
3. OUR FATHER...
4. HAIL MARY...
5. HAIL MARY...
6. HAIL MARY...
7. GLORY BE...
8. O MY JESUS...

THE FIRST DECADE

9. ANNOUNCE...
10. OUR FATHER...
11. HAIL MARY...
12. HAIL MARY...
13. HAIL MARY...
14. HAIL MARY...
15. HAIL MARY...
16. HAIL MARY...
17. HAIL MARY...
18. HAIL MARY...
19. HAIL MARY...
20. HAIL MARY...
21. GLORY BE...
22. O MY JESUS...

THE SECOND DECADE

23. ANNOUNCE...
24. OUR FATHER...
25. HAIL MARY...
26. HAIL MARY...
27. HAIL MARY...
28. HAIL MARY...
29. HAIL MARY...
30. HAIL MARY...
31. HAIL MARY...
32. HAIL MARY...
33. HAIL MARY...
34. HAIL MARY...
35. GLORY BE...
36. O MY JESUS...

THE THIRD DECADE

37. ANNOUNCE...
38. OUR FATHER...
39. HAIL MARY...
40. HAIL MARY...
41. HAIL MARY...
42. HAIL MARY...
43. HAIL MARY...
44. HAIL MARY...
45. HAIL MARY...
46. HAIL MARY...
47. HAIL MARY...
48. HAIL MARY...
49. GLORY BE...
50. O MY JESUS...

THE FOURTH DECADE

51. ANNOUNCE...
52. OUR FATHER...
53. HAIL MARY...
54. HAIL MARY...
55. HAIL MARY...
56. HAIL MARY...
57. HAIL MARY...
58. HAIL MARY...
59. HAIL MARY...
60. HAIL MARY...
61. HAIL MARY...
62. HAIL MARY...
63. GLORY BE...
64. O MY JESUS...

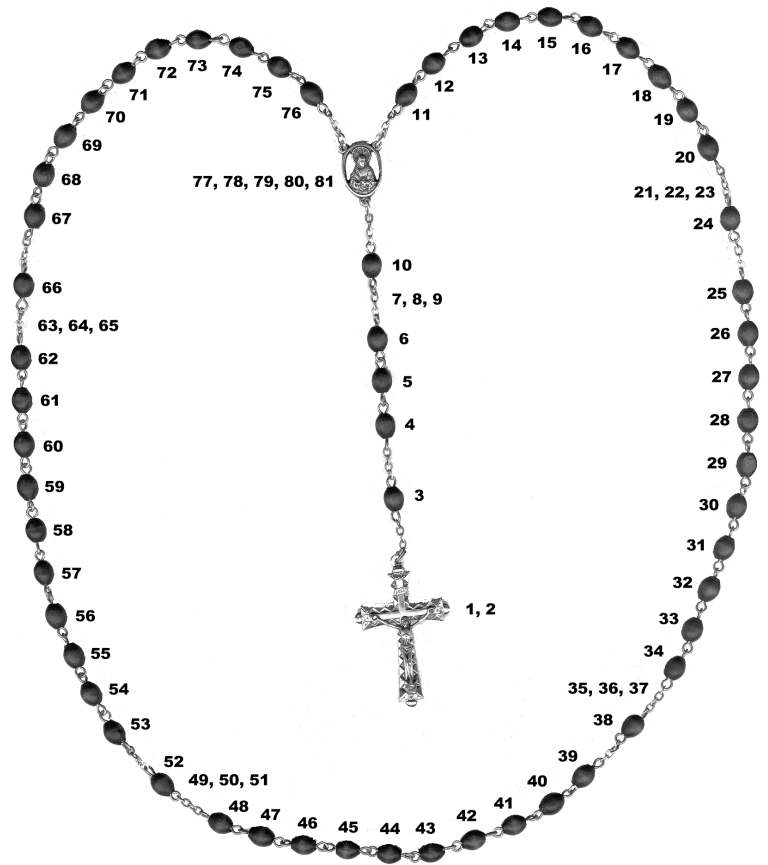
THE FIFTH DECADE

65. ANNOUNCE...
66. OUR FATHER...
67. HAIL MARY...
68. HAIL MARY...
69. HAIL MARY...
70. HAIL MARY...
71. HAIL MARY...
72. HAIL MARY...
73. HAIL MARY...
74. HAIL MARY...
75. HAIL MARY...
76. HAIL MARY...
77. GLORY BE...
78. O MY JESUS...

CONCLUSION

79. HAIL HOLY QUEEN...
80. O GOD, WHOSE...
81. IN THE NAME...

3. WHILE TOUCHING THESE BEADS TO KEEP TRACK OF YOUR PROGRESS...



4. AND SILENTLY MEDITATING ON THESE "MYSTERIES", OR EVENTS FROM THE LIVES OF JESUS AND MARY...

On Monday and Saturday, meditate on the "Joyful Mysteries"

First Decade (Steps 9-22): The Annunciation of Gabriel to Mary (Luke 1:26-38)

Second Decade (Steps 23-36): The Visitation of Mary to Elizabeth (Luke 1:39-56)

Third Decade (Steps 37-50): The Birth of Our Lord (Luke 2:1-21)

Fourth Decade (Steps 51-64): The Presentation of Our Lord (Luke 2:22-38)

Fifth Decade (Steps 65-78): The Finding of Our Lord in the Temple (Luke 2:41-52)

On Thursday, meditate on the "Luminous Mysteries"

First Decade: The Baptism of Our Lord in the River Jordan (Matthew 3:13-16)

Second Decade: The Wedding at Cana, when Christ manifested Himself (Jn 2:1-11)

Third Decade: The Proclamation of the Kingdom of God (Mark 1:14-15)

Fourth Decade: The Transfiguration of Our Lord (Matthew 17:1-8)

Fifth Decade: The Last Supper, when Our Lord gave us the Holy Eucharist (Mt 26)

On Tuesday and Friday, meditate on the "Sorrowful Mysteries"

First Decade: The Agony of Our Lord in the Garden (Matthew 26:36-56)

Second Decade: Our Lord is Scourged at the Pillar (Matthew 27:26)

Third Decade: Our Lord is Crowned with Thorns (Matthew 27:27-31)

Fourth Decade: Our Lord Carries the Cross to Calvary (Matthew 27:32)

Fifth Decade: The Crucifixion of Our Lord (Matthew 27:33-56)

On Wednesday and Sunday, meditate on the "Glorious Mysteries"

First Decade: The Glorious Resurrection of Our Lord (John 20:1-29)

Second Decade: The Ascension of Our Lord (Luke 24:36-53)

Third Decade: The Descent of the Holy Spirit at Pentecost (Acts 2:1-41)

Fourth Decade: The Assumption of Mary into Heaven

Fifth Decade: The Coronation of Mary as Queen of Heaven and Earth

You are encouraged to copy and distribute this sheet.

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