



Saint Dismas

PRAYER - A - DICE

PRAYER

PRAYER TIMES (BEFORE NOON)

CHOOSE ONE OR TWO: 6AM 9AM NOON

PRAYER TIMES (AFTER NOON)

CHOOSE ONE OR TWO: 3PM 6PM 9AM

TAKE A PAIR OF DICE AND ROLL. TAKE THE NUMBER FROM THE DICE ON THE LEFT AND THEN THE NUMBER FROM THE DICE ON THE RIGHT.

[USING THE IMAGE ABOVE THE NUMBER WOULD BE #45.] PRAY PRAYER NUMBER #45 IN THE

ORATORY: PLACE OF PRAYER BOOK. REPEAT THIS PROCESS TWO TIMES FOR A TOTAL OF THREE ROLLS, THREE PRAYERS. CHOOSE FOUR TIMES A DAY TO PRAY THREE PRAYERS FOR A TOTAL OF 12 PRAYERS A DAY. IF YOU ROLL THE SAME NUMBER TWICE IN A ROW, PRAY THE LITANY OF SAINTS, PRAYER #67.

EXCEPTIONS: IF YOU ROLL A DOUBLE # OTHER THAN 66, DO NOT ROLL A SECOND OR THIRD TIME BUT INSTEAD...

IF 11 IS ROLLED, PRAY 11, 17, 18, 19, 20

IF 22 IS ROLLED, PRAY 22, 27, 28, 29, 30

IF 33 IS ROLLED, PRAY 33, 37, 38, 39, 40

IF 44 IS ROLLED, PRAY 44, 47, 48, 49, 50

IF 55 IS ROLLED, PRAY 55, 57, 58, 59, 60

PURCHASE BOOK AT THEORATORYSTORE.COM

FASTING

CHOOSE ONE, A FEW, OR ALL BELOW

- COLD OR LUKE WARM SHOWERS
- NO SNACKS BETWEEN MEALS
- NO SWEETS OR DESSERTS
- NO MEAT ON WEDNESDAY AND FRIDAY
- EXERCISE DAILY
- NO ALCOHOL, NO SWEETENED DRINKS
- COFFEE OR UNSWEET TEA (NOT BOTH)
- 7 HOURS OF SLEEP
- NO SECULAR MUSIC / TALK RADIO
- NO SCREEN TIME (INTERNET, TV, NETFLIX, FACEBOOK, ETC.) EXCEPT FOR WORK / STUDY

LIMITED OR NO FASTING ON SUN. / SOLEMNITIES

SEE MARK 9:29 AND MATTHEW 17:21

DAILY G.P.S.

IN ADDITION TO PRAYER AND FASTING, SPIRITUAL READING IS RECOMMENDED. THE **DAILY G.P.S.** IS SENT OUT EACH WEEK DAY TO YOUR INBOX AND GIVES THE DAILY GOSPEL, A PRAYER AND BRIEF STUDY ON THE GOSPEL.

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OR TEXT **GPS** TO 84576

GOOD WORKS

A partial indulgence is granted to the Christian faithful who, prompted by a spirit of faith, devote themselves or their goods in compassionate service to their brothers and sisters in need.

Mt. 25:35-40; Jn. 13:34-35; Rom 12:8-13; 1 Cor. 13:3; Gal. 6:10; Eph. 5:2; 1 Thes. 4:9; Heb. 13:1; Jas. 1:27; 1 Pt. 1:22; 1 Pt. 3:8-9; 2 Pt. 1:5-7; 1 Jn. 3:17-18

"Why do you call me good? No one is good but God alone." (Mark 10:18)

ANY Good that we do is not, cannot be done alone. God (Father, Son and Holy Spirit) is the "fount of holiness" (Eucharistic Prayer II) and fount of Goodness. ANY Good work therefore flows from and is a participation in the good work of Christ's Passion, Death and Resurrection.

PRAYER

A partial indulgence is granted to the Christian faithful who, while performing their duties and enduring the difficulties of life, raise their minds in humble trust to God and make, at least mentally, some pious invocation.

Mt. 7:7-8; Mt. 26:41; Lk. 21:34-36; Acts. 2:42; Rom. 12:12; 1 Cor. 10:31; Eph. 6:18; Col. 3:17; Col. 4:2; 1 Thes. 5:17-18

We are called to pray at all times (1 Thessalonians 5:17)
We can not pray at "all times" if we do not pray at "some times"

A.C.T.S. is a good template for prayer.
Adoration, Contrition (sorrow for sins), Thanksgiving, Supplication

Written or memorized prayers are good, so are spontaneous (from the heart) prayers. Remember all written prayers in the Church usually originated as spontaneous prayers.

SACRIFICE / SUFFERING

A partial indulgence is granted to the Christian faithful who, in the spirit of penitence, voluntarily abstain from something which is licit for and pleasing to them.

Lk. 9:23; Lk. 13:5; Rom. 8:13; Rom. 8:17; 1 Cor. 9:25-27; 2 Cor. 4:10; 2 Tm. 2:11-12; Ti. 2:12; 1 Pt. 2:12; 1 Pt. 4:13

"Now I rejoice in my sufferings for your sake, and in my flesh I complete what is lacking in Christ's afflictions for the sake of his body, that is the Church. (Colossians 1:24)

Christ said on the Christ, "Consummatum est". He gave the gift of Himself with totality. This gift often entails sacrifice and suffering. We have "put on Christ" and so we unite our sacrifice and suffering with His. His suffering is complete; ours is not.