

28 Different Ways to Pray (Paulist Press)

Prayer is at the heart of the Christian life, and until you are convinced that prayer is the best use of your time, you won't find time to pray.

There is no single way to pray.

"The only way to pray is to pray; and the way to pray well is to pray much. If one has no time for this, then one must at least pray regularly. But the less one prays, the worse it goes." Dom John Chapman

The Mass as Prayer – the Mass is a series of prayers and a prayer itself. Prayer flows from the Mass and prayer directs us back to the Mass

Traditional Prayer – the rhythm of prayer throughout our daily lives, vocal prayer such as the Our Father, Hail Mary, Glory Be, Act of Contrition etc.

Prayer before the Blessed Sacrament – "only within the breathing space of adoration can the Eucharistic celebration indeed be alive...Communion and Adoration do not stand side by side, or even in opposition but are indivisibly one." (Pope Benedict XVI , God is Near Us)

The Holy Rosary – an ancient way of praying with Mary that allows us to walk with her through the mysteries of her Son's life.

The Chaplet of Divine Mercy – given to St. Faustina, a prayer to meditate on the incredible mercy of God

Litanies – series of invocations or intercessions and a response

Novena – any prayer practice that is repeated 9 times (days, weeks, and months)

Stations of the Cross

Seven Last Words

The Jesus Prayer – "Lord Jesus Christ, son of the living God, have mercy on me, a sinner."

The Liturgy of the Hours as Daily Prayer

Praying with the Bible

The Psalms as Personal Prayer

Lectio Divina – lectio, meditatio, oratio, contemplatio, committing to action

Ignatian Contemplation – usually requires being 'taught' this method of prayer, aims to help the person at prayer come to a deeply felt response to Christ by being present with Him in the circumstances of His life and by the recognition of Christ's presence in the life of the person at prayer.

The Daily Examen – Thanksgiving, Pray for Insight, Finding God in All things, Prayerful conversation with God, Look to tomorrow

Centering Prayer – quiet time with God

Contemplative Prayer – resting in God’s presence

Spiritual Direction

Faith Sharing Groups

Prayer Partners

Retreats

Pilgrimage as Prayer

Fasting as Prayer

Using Icons and Art for Prayer

Poetry and Songs – repeatability

Media – theologian Karl Barth “two-handed approach to prayer, carry the Bible in one hand and the newspaper in the other.) Thanksgiving and Intercessory

Living the Works of Mercy this Lent

feed the hungry

- 40 days, 40 boxes – each day of Lent take one item out of your pantry and place it in a big box in your kitchen, then donate to a food pantry on Easter Saturday.
- Help with Family Promise meals
- Help with parish project bologna sandwich program

shelter the homeless

- Collect items for homeless shelters (bar soap/toiletries, small bottles of water, white socks, etc.)

clothe the naked

- Go through your closet and donate to St. Vincent de Paul things you no longer wear

visit the sick and imprisoned

- Visit a nursing home as a family.
- Send a card to someone you know is shut-in their home

bury the dead

- Read the bulletin each week and as a family, pray for those who have died

give alms to the poor

- As a family choose a charity to donate your alms to this Lent

instruct the ignorant

- Make a point to learn some new things about our faith this Lent
 - Attend one of the four remaining parish foundation in our faith series talks (3/14, 3/28, 4/4, 4/16)
 - Sign up for an online Lent experience (e.g. Dynamic Catholic's "Best Lent Ever", Loyola Press' "Living Lent Daily" or Word on Fire's "Daily Scripture Reflection")

admonish the sinner

- In humility we must strive to create a culture that does not accept sin, while realizing that we all fall at times
- When you correct someone, don't be arrogant. We are all in need of God's loving correction.
- "Remove the wooden beam from your eye first; then you will see clearly to remove the splinter from your brother's eye" ([Mt 7:5](#))

comfort the sorrowful

- Send a bereavement card to anyone you know who has lost a spouse, parent or any family member this past year, let them know you still remember their grief.

counsel the doubtful

- Ask your kids if they have any questions about God or the Church and then ask the Holy Spirit to help you respond

forgive injuries

- Pray the Chaplet of Divine Mercy
- Participate in the Sacrament of Penance
- Make a point to let go of grudges during Lent

bear wrongs patiently

- Frustrated with someone? Step away from the situation, take a few deep breaths, pray the Our Father, asking God for patience
-

pray for the living and the dead

- Call the parish office to request a mass intention for a friend or family member who is going through a tough time
- Call the parish office to request a mass intention for a friend or family member who has passed away
- Keep your own book of prayer intentions, writing down the names of those who you are keeping in your prayers
- Ask a friend or family member if there is anything you can pray for them about

Litany of the Holy Family

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, hear us.

Christ, graciously hear us.

God, the Father of Heaven, have mercy on us.

God the Son, Redeemer of the world, have mercy on us.

God, the Holy Spirit, have mercy on us.

Holy Trinity, one God, have mercy on us.

("Pray for us" is repeated as indicated by "...")

Jesus, Mary, and Joseph, ...

Jesus, Mary, and Joseph, most worthy of our veneration, ...

Jesus, Mary, and Joseph, called "the Holy Family" from all time, ...

Jesus, Mary, and Joseph, son, mother, and head of the Holy Family, ...

Jesus, Mary, and Joseph, divine child, pure spouse, and chaste spouse, ...

Jesus, Mary, and Joseph, restorers of fallen families, ...

Jesus, Mary, and Joseph, image of the Blessed Trinity here on earth, ...

Holy Family, tested by the greatest of difficulties, ...

Holy Family, with much suffering on the journey to Bethlehem, ...

Holy Family, without a welcome in Bethlehem, ...

Holy Family, visited by the poor shepherds, ...

Holy Family, obliged to live in a stable, ...

Holy Family, praised by the angels, ...

Holy Family, venerated by the wise men from the East, ...

Holy Family, greeted by the pious Simeon in the temple, ...

Holy Family, persecuted and exiled to a foreign country, ...

Holy Family, hidden and unknown in Nazareth, ...

Holy Family, faithful in the observance of divine laws, ...

Holy Family, perfect model of the Christian family, ...

Holy Family, center of peace and concord, ...

Holy Family, whose protector is a model of paternal care, ...

Holy Family, whose mother is a model of maternal diligence, ...
Holy Family, whose Divine Child is a model of filial obedience, ...
Holy Family, poor in material goods, but rich in divine blessings, ...
Holy Family, as nothing in the eyes of men, but so great in heaven, ...
Holy Family, our support in life and our hope in death, ...
Holy Family, patron and protector of our Congregation, ...

Jesus, Mary, and Joseph...

Lamb of God, who takes away the sins of the world, spare us, O Lord.
Lamb of God, who takes away the sins of the world, hear us, O Lord.
Lamb of God, who takes away the sins of the world, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

Let us pray. O God of infinite goodness and kindness, who has deigned to call us to this Family, give us the grace to venerate Jesus, Mary, and Joseph, so that, imitating them in this life, we may enjoy with them the life to come. We ask this through Christ Our Lord. 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.** • _____

Aleluia