

# Our Prayer Life and Catholic Prayers

Heavenly Father, you are great and powerful and most deserving of our love.

We thank you for bringing us together today to listen and discuss Prayers and Our Prayer Life.

We ask that you open our minds and our hearts to each others discussions and thoughts as we learn about the history of the Catholic Prayers.

We ask that the spirit within each of us help us walk in the footsteps of your son and our savior, Jesus Christ, who lives and reigns with You and the Holy Spirit, One God forever and ever.

Amen

# What is a Prayer?

- Prayer is really anything that brings us into a conversation with God.
- But the conversation should be a dialog and not a monologue.
  - Monologue – a speech by a single actor
  - Dialogue – conversation between 2 or more
- Prayer is the raising of one's mind and heart to God

# Kinds of Prayer

## ■ Vocal prayer

- Private or in a group
- Prayer can be
  - Formal, spontaneous, tradition, or liturgical

## ■ Meditative prayer

- Something you are reflecting on
  - Scriptures or a spiritual writings or life events

## ■ Contemplative Prayer

- A time where we allow the Spirit to draw us inward into our own hearts
- Eucharistic Adoration

LISTEN

SILENCE

# Tips for Personal Prayer

## ■ Show Up

- There is no bad way to pray and no starting point to pray
- Prayer is a discipline. Show Up!

## ■ Quiet your heart

- Solitude is a form of awareness, a way of being present and perceptive within all of life.

## ■ Look inside

- Make friends within deep inside yourselves
- Come to know who you are
- Know when to unplug the outside world

# Tips for Personal Prayer

- Establish a routine and stick with it
  - Find your time for YOU!
  - Tell everyone you are going to have a cup of coffee and go speak with God.
- Let go of anxiety and shame
  - Things that hold you back from really opening up to God
  - Don't hide them, he already knows, just talk to God about them and then LISTEN
- Listen for God's voice and Accept God's Love
  - God is love, and only by letting that love into our lives can we save ourselves from disappointment, shame, and sadness.

# Prayer Video

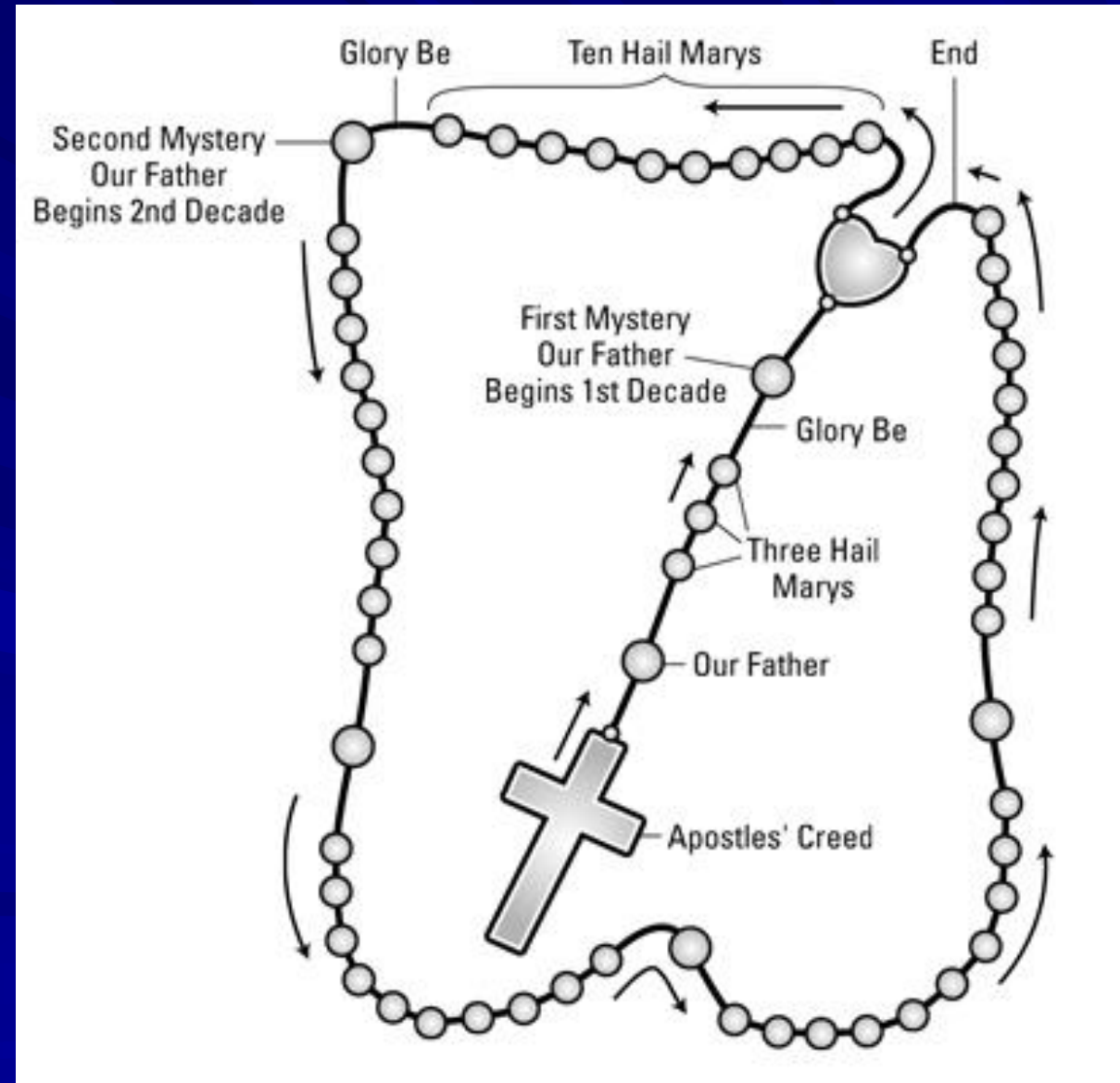


# Catholic Prayers

- Catholic prayers are easy to memorize and can help us pray when we can not find the rights words to say.
- They are repeatable to help us focus our attention on God and to quiet our minds
- They are prayers where other Catholics can pray with you as a community
  - The Rosary is probably the most repeatable and most often prayed Catholic prayer

# The Rosary

- A meditation on the life of Jesus and Mary
- Encompasses 4 sets each with 5 mysteries to reflect on
  - Joyful
  - Sorrowful
  - Glorious
  - Luminous



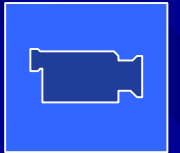
# Other Catholic Prayers

## ■ Liturgy of the Hours

- A repeating cycle of prayers, hymns, and readings for various hours of the day
  - Said by the clergy – Priest and Deacons
  - Also by devoted lay people who want to get closer to God

## ■ Novena

- Latin for “nine” refers to 9 consecutive days prayer
- Dates back to the apostles 9 days of prayer between the ascension of Jesus until Pentecost



# Benediction and Adoration Blessed Sacrament

## ■ Benediction of the Blessed Sacrament

- Prayerful ceremony in the morning to expose or Exposition of the blessed sacrament in a vessel called a monstrance
- In the evening, the blessed sacrament is reposed or the Reposition of the blessed sacrament

## ■ Holy Spirit Benediction of the Blessed Sacrament

- Exposition starts at 8am
- Reposition starts at 7pm

## ■ Current not being performed due COVID

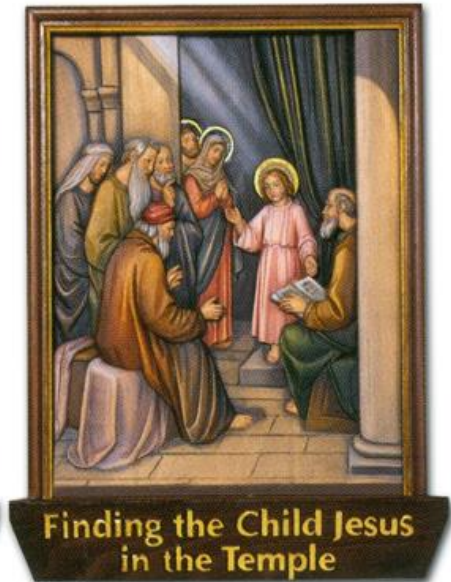
# Eucharistic Adoration Video

# Summary

- What is your prayer life?
- Kinds of Prayer
- Tips for Praying
- Catholic Prayers
- The Rosary
- Benediction and Adoration of Blessed Sacrament

What Questions Do You Have?

# Joyful Mysteries





# Sorrowful Mysteries



The Agony  
in the Garden



The Scourging  
at the Pillar



Crowning with Thorns



Carrying of the Cross



The Crucifixion



# Glorious Mysteries



# Luminous Mysteries



Baptism of Jesus



Wedding Feast of Cana



Proclamation of the Kingdom of God



The Transfiguration



Institution of the Holy Eucharist

