

## Three ways to pray

**1. VOCAL** - usually verbal expression, accompanies the internal act implied in every form of prayer. This external action not only helps to keep us attentive to the prayer, but it also adds to its intensity.

**2. MEDITATIVE** - consists in the application of the various faculties of the soul, memory, imagination, intellect, and will, to the consideration of some mystery, principle, truth, or fact, with a view to exciting proper spiritual emotions and resolving on some act or course of action regarded as God's will and as a means of union with Him. This is the most simple of prayers. In these we don't say anything. We simply meditate on God's love and mercy. These prayers are very common in those quiet moments of Eucharistic Adoration. Just being one with Our Lord is the greatest gift.

**3. CONTEMPLATIVE** - the soul's attention is riveted on the Lord himself. It is an intense and intimate union in which the person is wrapped up in God. God initiates this form of prayer, not us.

**During Mass** there are 4 types prayers

1. The Gloria is a prayer of adoration.
2. The Confiteor and Penitential Rite are prayers of contrition.
3. The Prayer of the Faithful, also known as the General Intercessions or Universal Prayer, is a prayer of petition.
4. Your prayer of thanksgiving or meditative prayer after the Eucharist

Praying can be either spontaneous or memorized. When we are in a crisis it is sometimes hard to know what to say to God. This is when memorized prayer is very powerful. The Catholic Church has many formal prayers for every occasion and need. They guide us when we are at a loss for words. Spontaneous prayer is also a very meaningful way to pray to God. When Jesus is our closest friend, we can tell him anything.

## Definitions

**Novena** - A recitation of prayers and devotions for nine consecutive days, especially one to a saint to ask for their intercession but a novena can sometimes be a prayer of thanksgiving. The nine days recall the nine days that the Apostles and the Blessed Virgin Mary spent in prayer between Ascension Thursday and Pentecost Sunday.

**Chaplet** - A set of prayers counted on a set of beads, i.e. Rosary, Divine Mercy

**Litany** - A liturgical prayer consisting of a series of petitions recited by a leader alternating with fixed responses by the congregation.

**Rosary** - a sequence of prayers and a string of beads used to count the prayers. It is essentially a contemplative prayer, which requires "tranquility of rhythm or even a mental lingering which encourages the faithful to meditate on the mysteries of the Lord's life." (Congregation for Divine Worship)

# Important Prayers to Know

**Lord's Prayer** (aka Our Father)     Matthew chapter 6, verses 9 - 13;     Luke chapter 11, verses 1 - 4  
*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**

*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.*

## **Gloria**

*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.*

## **Grace Before Meals**

*Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen.*

## **St Michael's Prayer** - said after every Mass

*Saint Michael the Archangel,  
defend us in battle.*

*Be our protection against the wickedness and snares of the devil.*

*May God rebuke him, we humbly pray;*

*and do Thou, O Prince of the Heavenly Host -*

*by the Divine Power of God -*

*cast into hell, Satan and all the evil spirits,*

*who roam throughout the world seeking the ruin of souls.*

*Amen.*

## **Rosary**

## **Divine Mercy**