

WEEK 2

PRAYER & SACRAMENTS

WRAP – Purposeful Prayer with Scripture

Find a quiet place and read a passage of scripture. We recommend the Gospel reading for the day's Mass, which can be found online at www.usccb.org. Read the passage at least two times.

W – Write

Write down or think of the word or short phrase that caught your attention. Don't pick too many. Keep it to one.

R – Reflect

Reflect on that word or phrase. This is where you will spend most of your time.

- What do you think the speaker meant by this word or phrase?
- How did the listeners understand it?
- What do you think God is trying to tell you?

If you get distracted, come bring your thoughts back to the word or phrase and keep reflecting.

It is helpful to write your thoughts down, if you can.

A – Apply to Your Life

Think of a way to apply what God has told you to your life within the next 24 hours.

- Make it very practical. Not something like, "I'll be kinder today." Rather, "I'll be kinder today by doing X"
- Write it down if you can, and be sure to fulfill this little task.

P – Prayer

Close with a simple prayer

This can be done in 5 min or 45 min. It can also be done by families with children around the dinner table. Make it work for you.

Prayer Opportunities

Adoration Chapel

Rosary- Prayed before each mass
Holy Hour-every Thursday evening
at 7 pm.

Tips for prayer

1. When

Don't make prayer just another thing on your list of to do's. If prayer is just another "thing" on your schedule it becomes just another thing/task. It's not important it's just another thing. Try to build your day around your prayer time, make it a special time for your peace.

2. Where

Find a place free from distractions but not so free that you fall asleep. Some people say I need to pray in a church. And that's fantastic! Praying in front of the Blessed Sacrament is the best! But if you can't get to a chapel everyday find your where.

3. What/How

Find the type of prayer that fits you best.

4. Why

To communicate with our God who loves us and desires relationship with us. Communication builds relationship and brings us closer.

Think about the strong relationships you have.

What makes them strong?

Communication.