

Some common prayers		
<p>Our Father 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.</p>	<p>Glory Be 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.</p> <p>Eternal rest Eternal rest grant to them, O Lord, and let perpetual light shine upon them. May they rest in <u>peace</u>. Amen.</p>	<p>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.</p>

Suggested scripture for prayer:

- Psalm 139 (I thank you for the wonder of my being)
- Psalm 23 (The Lord is my shepherd)
- Jeremiah 29:11-14 (I know the plans I have for you, says the Lord)
- Mark 10: 46– 52 (What do you want me to do for you?)*
- Luke 15:11-32 (The Prodigal Son) *
- Luke 17:11-19 (The story of the ten lepers)*

* Means this passage can be used for imaginative contemplation

Praying through art

A very powerful form of prayer for those with a creative mind is praying using art. You can look at a piece of art and ask God to speak to you through it, or you can get creative yourself! For example, you can read a text and try to paint/ draw it, you could colour in an inspirational quote or image, or you can use art to express your emotions or your relationship with God . You don't have to be the world's best artist to do any of these things. And the act of creating something might be quite fun!



When we experience difficult times, we can find comfort in prayer. If you aren't someone who is used to praying, it can be hard to know where to start or what to do or say.

Some people think you need lots of 'stuff' to pray. But what if I don't have a Bible or Rosary beads to hand? What if I don't know the words?

While these objects are an important prayer aid for some, they are not essential to prayer. Neither, necessarily, is knowing all the words. All you need to pray is a willingness to pray and an open heart.

Entering in to prayer.



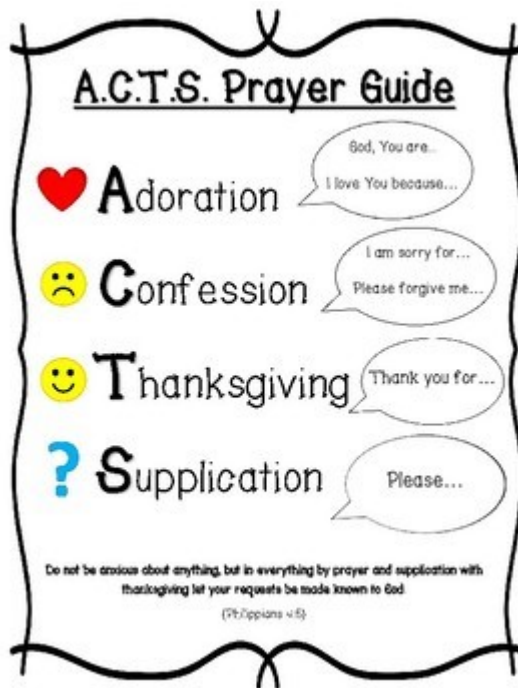
Some times, it is hard to know how to start. It is important to begin by relaxing. **Make the sign of the cross** and take a few slow, deep breaths.

Then try one of these relaxation exercises:

- Focus on your breathing. When you breathe in, breathe in God's love. When you breathe out, breathe out your stresses and anxiety. Breathe in peace. Breathe out tension.
- Imagine a ball of light coming to rest on your head. Let the ball of light pass slowly through your whole body, relaxing your muscles as it passes. Neck, shoulders, arms, fingers, chest, stomach, legs, feet. Then send the ball of light up to your heart and hold it there.

Ways of praying

There are a great many different ways to pray. The rest of the booklet contains just a few. Try some of them, and if you find one you like, stick with it. Remember: there is no right or wrong way to pray! God will listen no matter what.




ACTS is a simple structure for prayer. We begin in **A**doration/ praise of God. Then **C**onfess, say sorry for what we have done wrong. Next, we give **T**hanks for all the blessings in our lives. The last part is, **S**upplication— we ask for God’s help for our needs and the needs of others.

It may be helpful to end by saying an *Our Father* (words on the back page).

The Rosary (words on the back page)

The Rosary is a very old prayer that involves repeating a set of prayers in order to meditate on Jesus’ life. Each section of the rosary is called a ‘decade.’ To pray it, you say one Our Father, ten Hail Mary’s and one Glory Be. Some people count the prayers on beads to keep track, but you don’t need them to pray the Rosary. Most people have ten fingers!



The Daily Examen

Recognising God’s presence in your life.

The examen is best prayed at the end of a day or week.

- 1- I take a moment to be still and breathe in God’s love.
- 2- I look back over the day/ week. I give thanks for all that is good.
- 3- Then I ask God to help me see what I might have done wrong. I ask for forgiveness, and for help in making things right.
- 4- Where have I felt that God was with me? (Through loved ones/ nature/ experiences)
- 5- Looking back on the day, what are the good things I need to repeat and the bad things I need to avoid?
- 6- I ask God to be with me tomorrow.
- 7- I end with a prayer of gratitude. This could be in my own words, or prayer such as the Our Father or Glory Be.

Reading the Bible

The Bible is the ‘Living Word’ of God, which means that God can speak to us through it. Below are some different ways of reading the Bible, and on the back page are some suggested texts for prayer, which you can find online.



- **Imaginative contemplation**— If your scripture passage is a story about Jesus, you can imagine yourself in the scene and try to see and hear what is around you. You can find guided imaginative contemplations on the pathways to God website.
- **Lectio Divina** (divine reading). Read the passage slowly through a couple of times. Then ask yourself: what is God saying to me in this passage? Listen for God’s voice in the passage, and see if it guides you to make a change in how you live. The video below is a great guide and example of this type of prayer.

<https://www.youtube.com/watch?v=gKYE0c3ik9k>