

Busy doing the work of the LORD?

Be still and pray.

We pray to request Divine Grace and Infinite Mercy – sufficient for today – to traverse the passageways of life and reach our goal – Heaven – eternal life.

Prayer is the oxygen of the soul. St. Padre Pio

We pray for the grace to “turn from evil and do good.” We pray for the grace to “serve the LORD, [and] prepare ... for trials.” We pray for the grace to not “follow the counsel of the wicked” but to be “deliver[ed] from the evil one.” We pray for the grace to “share in the sufferings ... [and] share in the encouragement.” We pray for the grace to receive “our daily bread.” We pray for the grace to “discern what is the will of God, what is good and pleasing and perfect.” We pray for the grace to “pray at every opportunity ... [and] be watchful with all perseverance.” We pray for the grace to love God with our whole heart, mind, and soul. *Ps 37:27; Sir 2:1; Ps 1:1; Mt 6:13; 2Cor 1:7; Lk 11:3; Rom 12:2; Eph 6:18*

There are four types of prayer: petition, sorrow, praise, and thanksgiving. In petition, we plea “save me, God ... I have sunk into the mire of the deep.” In sorrow, we cry “How long, LORD? ... / How long must I carry sorrow in my soul.” We express sincere thanks to Jesus Christ, our Lord, “my savior ... / the cornerstone.” We shout and sing in praise “O LORD, our Lord, / how awesome is your name.” Holy God, we praise Thy name. *Ps 69:2-3; Ps 13:2-3; Ps 118:21-22; Ps 8:2*

Knowing that God hears us, we persevere in prayer. Each prayer has its place, some days we are praising God and, on other days, we are crying and taking refuge in the palm of His hand, for God “rescue[s] the poor who cried out for help.” *Job 29:12*

Prayer is both personal and universal. Sometimes we are asking for our needs, but, at other times, we include a universal plea, as in **The Chaplet of Divine Mercy**.

*Eternal Father, I offer You the Body and Blood,
Soul and Divinity of Your dearly beloved Son,
Our Lord Jesus Christ,
in atonement for our sins and those of the whole world.*

*For the sake of His sorrowful Passion,
have mercy on us and on the whole world.*

In 5, 15, 60 minutes, or a weekend we can “Pray without ceasing.” *1 Thes 5:17*

We pray without ceasing despite the trials, distractions and temptations to not pray because we ignore the tricks of the devil and see his distractions as what they are. St. Teresa of Avila

“Could you not keep watch for one hour?” *Mk 14:37*

5 mins – If you are near a church, stop and visit the Blessed Sacrament **OR** meditate on Jesus’ Passion in front of a Crucifix and make an Act of Spiritual Communion.

O JESUS, I believe that Thou art present in the Most Blessed Sacrament. Come into my heart. I embrace Thee; oh never leave me!

*“Our Heaven on earth – the Most Blessed Sacrament.”
St. Alphonsus Liguori*

20 - 30 mins – Attend Daily Mass

Those who come often to holy Mass manage their affairs much better than those whose weak faith makes them think that they have no time for Mass. Alas, if only we put all our trust in God ... St. John Vianney (Curé de Ars)

60 mins – Attend a Holy Hour and Benediction. Watch and pray for one hour in a Perpetual Adoration chapel.



“Behold, your mother.” *Jn 19:27*

5 mins - Pray one decade of the Most Holy Rosary
OR Pray the Angelus **OR** Read the Magnificat.
Lk 1:46-55

Everything comes to us through Mary.
St. Bernard of Clairvoux

15 - 30 mins – Pray a Scriptural Rosary.

To Jesus through Mary. St. Louis Marie de Montfort

60 mins – Pray the Most Holy Rosary and include a meditation song after each decade. Spend time pondering the Sacred Mysteries.

He who sings well prays twice. St. Augustine

More time available? Go on a pilgrimage to a Marian Shrine or attend a Marian Conference



from Seraphim and Cherubim - see page 16

With all prayer and supplication, pray at every opportunity in the Spirit.
Eph 6:18

COME, HOLY SPIRIT,
fill the hearts of Thy faithful
and enkindle in them the fire of Thy love.
Send forth Thy Spirit and they shall be created.
And Thou shalt renew the face of the earth.

“Have you not read this
scripture passage...?” *Mk 12:10*

5 mins – Select a Psalm or Proverb. Meditate on its wisdom so as to be transformed through the grace of God.

15 - 30 mins – Read the daily Mass Scripture selections.

60 mins or more – Next time, you have a long distance trip or a lengthy commute, pray with recorded prayers or sing along to sacred music.

“Confess your sins...” *Jas 5:16*

5 mins – Make an examination of conscience.

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

15 – 60 mins – Receive the Sacrament of Penance

[H]e who confesses [his sins] and forsakes them obtains mercy. *Prv 28:13*

More time available? Attend a day of recollection or a weekend retreat.

I will most gladly spend and be utterly spent for your sakes. *2Cor 12:15*

*Lord, make me a channel of thy peace, that where there is hatred, I may bring love;
that where there is wrong, I may bring the spirit of forgiveness... St. Francis of Assisi*

