

The Institute for Catechesis and Formation

ICF 201 – Prayer and Spirituality Appendix 1



Prayer Resources

Divine Mercy

Divine Mercy App: <http://thedinemercy.org/app/>

- Available for both iOS and Android Devices
- Contains a wealth of information on the Divine Mercy as well as related prayers and interactive devotions

Liturgy of the Hours

iBreviary App: <http://www.ibreviary.org/en/>

- Available for iOS, Android and Blackberry Devices
- Offers not only the text for the Liturgy of the Hours, but the Mass readings and prayers, as well as a host of many other traditional Catholic prayers

Divine Office App: <http://divineoffice.org/>

- Available for iOS, Android, Kindle Fire, OS X Lion, Ovi, and Nook Platforms
- Offers text as well as audio recordings of the hours so that you can pray along with others

Universalis: <http://www.universalis.com/>

Offers the text for all of the hours for the day

Marian Devotions

Mary App: <http://thedinemercy.org/app/>

- Available for iOS Devices
- Contains information on the Church's teachings on Mary as well as Marian prayers, sacramental, feasts, chaplets and interactive devotions

Novenas

Pray More Novenas: <http://www.praymorenovenas.com/>

- Provides the text of many different novenas and you can sign up to get daily email reminders to pray your novena.

General Prayer Resources

EWTN: http://www.ewtn.com/devotionals/prayer_saint.asp

- A resource of many prayers, novenas, litanies and other devotions.

USCCB: <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/index.cfm>

- The United States Conference of Catholic Bishops (USCCB) webpage contains a wealth of prayers and devotions

The Institute for Catechesis and Formation

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Prayers

The Mass

Prayer of St. Ambrose (Preparation for Mass):

Lord, Jesus Christ, I approach your banquet table in fear and trembling, for I am a sinner, and dare not rely on my own worth but only on your goodness and mercy. I am defiled by many sins in body and soul, and by my unguarded thoughts and words. Gracious God of majesty and awe, I seek your protection, I look for your healing, poor troubled sinner that I am, I appeal to you, the fountain of all mercy. I cannot bear your judgment, but I trust in your salvation. Lord, I show my wounds to you and uncover my shame before you. I know my sins are many and great, and they fill me with fear, but I hope in your mercies, for they cannot be numbered. Lord Jesus Christ, eternal King, God and man, crucified for mankind, look upon me with mercy and hear my prayer, for I trust in you. Have mercy on me, full of sorrow and sin, for the depth of your compassion never ends. Praise to you, saving sacrifice, offered on the wood of the cross for me and for all mankind. Praise to the noble and precious blood, flowing from the wounds of my crucified Lord Jesus Christ and washing away the sins of the whole world. Remember, Lord, your creature, whom you have redeemed with your blood. I repent my sins, and I long to put right what I have done. Merciful Father, take away all my offenses and sins; purify me in body and soul, and make me worthy to taste the holy of holies. May your body and blood, which I intend to receive, although I am unworthy, be for me the remission of my sins, the washing away of my guilt, the end of my evil thoughts, and the rebirth of my better instincts. May it incite me to do the works pleasing to you and profitable to my health in body and soul, and be a firm defense against the wiles of my enemies.
Amen.

Anima Christi (After Communion):

Soul of Christ, sanctify me
Body of Christ, save me
Blood of Christ, inebriate me
Water from Christ's side, wash me
Passion of Christ, strengthen me
O good Jesus, hear me
Within Thy wounds hide me
Suffer me not to be separated from Thee
From the malicious enemy defend me
In the hour of my death call me
And bid me come unto Thee
That I may praise Thee with Thy saints
and with Thy angels
Forever and ever
Amen

Prayer of St. Thomas Aquinas (Thanksgiving after Mass):

I thank you, holy Lord, almighty Father, eternal God, who deigned to feast me, sinful and unworthy servant, with the precious body and blood of your Son, Jesus Christ our Lord, not for any merit of mine, but only because of your merciful goodness. And I pray that this Holy Communion, far from condemning me to punishment, may bring about my pardon and salvation, encompassing me with the armor of faith and the shield of a good will. By it let my vices be done away, all lustful desires extinguished. May it advance me in charity, patience, humility, obedience, and every other virtue. Let it be strong defense against the wiles of all my enemies, visible and invisible, allaying for me every disturbance of flesh and spirit, binding me firmly to you, the one true God, and bringing my last hour to a happy close. I pray, too, that it may be your pleasure to call my sinful self one day to that banquet, wonderful past all telling, where you, with your Son and the Holy Spirit, feast your saints with the vision of yourself, who are true light, the fulfillment of all desires, the joy that knows no ending, gladness unalloyed, and perfect bliss: through the same Christ our Lord.
Amen.

15 Promises of Our Lady for those who pray the Rosary as given to St. Dominic:

1. To all those who shall recite my Rosary devoutly, I promise my special protection and very great graces.
2. Those who shall persevere in the recitation of my Rosary shall receive some signal grace.
3. The Rosary shall be a very powerful armor against hell; it will destroy vice, deliver from sin, and dispel heresy.
4. The Rosary will make virtue and good works flourish, and will obtain for souls the most abundant divine mercies; it will substitute in hearts love of God for love of the world, and will lift them to the desire of heavenly and eternal things. How many souls shall sanctify themselves by this means!
5. Those who trust themselves to me through the Rosary, shall not perish.
6. Those who shall recite my Rosary devoutly, meditating on its mysteries, shall not be overwhelmed by misfortune. The sinner shall be converted; the just shall grow in grace and become worthy of eternal life.
7. Those truly devoted to my Rosary shall not die without the Sacraments of the Church.
8. Those who recite my Rosary shall find during their life and at their death the light of God, the fullness of His graces, and shall share in the merits of the blessed.
9. I shall deliver very promptly from purgatory the souls devoted to my Rosary.
10. The true children of my Rosary shall enjoy great glory in heaven.
11. What you ask through my Rosary, you shall obtain.
12. Those who propagate my Rosary shall be aided by me in all their necessities.

13. I have obtained from my Son that all the members of the Rosary Confraternity shall have for their brethren the saints of heaven during their life and at the hour of death.
14. Those who recite my Rosary faithfully are all my beloved children, the brothers and sisters of Jesus Christ.

A Brief Examination of Conscience

Based on the Ten Commandments

I am the LORD your God: you shall not have strange Gods before me.

Have I treated people, events, or things as more important than God?

You shall not take the name of the LORD your God in vain.

Have my words, actively or passively, put down God, the Church, or people?

Remember to keep holy the LORD's Day.

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1; the Ascension; Aug. 15; Nov. 1; Dec. 8; Dec. 25)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

Honor your father and your mother.

Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?

You shall not kill.

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

You shall not commit adultery.

Have I respected the physical and sexual dignity of others and of myself?

You shall not steal.

Have I taken or wasted time or resources that belonged to another?

You shall not bear false witness against your neighbor.

Have I gossiped, told lies, or embellished stories at the expense of another?

You shall not covet your neighbor's spouse.

Have I honored my spouse with my full affection and exclusive love?

You shall not covet your neighbor's goods.

Am I content with my own means and needs, or do I compare myself to others unnecessarily?

Christ's Two Commandments

How well do we love God and others? Do we love as Christ calls us to? In the Gospel of Matthew, Christ gives us Two Commandments: "He said to him, 'You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments'" (Mt 22:37-40).

Not sure what love is? St. Paul describes it for us in his Letter to the Corinthians. Is this how you love God and others? "Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails" (1 Cor 13:4-8).



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What if I'm Asked to Lead Prayer???

To Lead a Prayer Experience (10-15minutes)

1. Call everyone to prayer
 - Make sure everyone is "there"
 - Do sign of the cross
2. Have a little silence
3. Offer something for a focus
 - A bit of Scripture
 - A common/memorized prayer
 - A prayer from a book (borrow a missalette from church)
 - A reflection you have written
 - A Song from a CD
4. Give time for quiet reflection
5. Invite anyone to share a reaction or voice their needs or gratitude
6. Close the prayer
 - Can be as simple as "Amen" or "We ask all this in Jesus' name. Amen."
 - Can be as involved as a song or another prayer the group says together



There are no rules. Be as creative as you want. Divide up reading parts if you have time to prepare and want to encourage participation. Planning prayer doesn't mean you have to facilitate the whole thing yourself. Offer your ideas and share them. The more you do this, the more comfortable it will feel.

To Lead a Short Opening/Closing Prayer/Grace

1. **Call Everyone to Prayer** (*"Alright, let's take a moment to pray" (pause ... maybe do sign of the cross)*)
2. **Address God/Jesus** (*"Loving God,")*)
3. **Identify Your Purpose** (*You have gathered us together in this moment to ____*)
4. **Identify Your Hope** (*We hope that what we do here/have done here is a sign of Your Kingdom*)
5. **Express Gratitude & Close Prayer** (*We thank You for what You have already given us and ask You to continue to bless us in Your Name. Amen"*)

To Lead a Blessing (Over a Child, someone who's sick, someone about to take a test, etc.)

1. **Pause in Silence** (*If you feel moved to place a hand on the person's shoulder or head, make sure to ask their permission first*)
2. **Address God/Jesus** (*"Jesus, Companion and Friend,")*)
3. **Voice the Blessing** (*please let ____ (person's name) ____ feel Your blessing upon her/him because S/he ____ (is having an operation, is traveling to Guam, is experiencing serious financial difficulty, etc.) _____. Keep all who love him/her connected to him/her as s/he journeys through this time.*)
4. **Close the Prayer** (*we ask this, trusting in Your Love. Amen."*)

***Simple Blessings can be very powerful moments. Blessing prayers connect us to other people. If you are able, invite other people into your blessing moment. If it's at a home, ask other family members; at church, try to catch a few people before they head out the door. Prayer is answered through us, so the more people we involve the richer the opportunities for prayer to be answered. ***

Ask and you shall receive - Seek and you shall find - Knock and the door will be opened

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Appendix 3



A personal prayer inventory

The following is a check list for your personal prayer life. Go through the questions one by one and consider your own prayer life:

- Do you have a quiet place where you can be with God and not be interrupted? (Have you created a Prayer Space at home, with a candle, cross or Bible?)
- When do you pray? At a set time each day or whenever you get a chance?
- Are you awake and rested at these times so that you can really pray effectively?
- Do you say prayers with your family?
- When do you say family prayers?
- Do you pray before and after meals?
- Do you spend any time in shared prayer with friends?
- Do you pray in the car, or at your desk or job?
- Do you belong to a prayer group?
- How do you determine what to pray for?
 - ✓ Do you listen to the news and read the newspaper to determine what to include in your prayers?
 - ✓ Do you receive prayer letters or news letters from missionaries, mission organizations or other organizations or groups that make prayer information available?
 - ✓ Have you checked Catholic Internet sites that provide prayer help?
- Do you pray for those who requested prayers through the Parish Book of Intercessions?
- Do you pray for the following?
 - ✓ your own spiritual growth
 - ✓ your relatives and especially your family
 - ✓ your co-workers
 - ✓ your parish
 - ✓ your city/town/country
 - ✓ the government/political leaders
 - ✓ people of different faiths
 - ✓ missionaries / mission organizations
 - ✓ military personal
 - ✓ for the evangelization of others to the faith
- Do you consider using the following to create a more effective prayer life:
 - ✓ Read spiritual books about prayer
 - ✓ Attend prayer seminars
 - ✓ Read scripture and reflect on it
 - ✓ Pray together with others
 - ✓ Pray the rosary
 - ✓ Attend a prayer group
 - ✓ Attend Adoration
 - ✓ Arrive early for Mass or stay after Mass to pray.
 - ✓ Light a candle and pray for a specific person or thing
 - ✓ Join in the singing at Mass – “Singing is praying twice”.

- Do you include any of the following elements in your prayers?
 - ✓ Worship
 - ✓ Praise
 - ✓ Thanksgiving
 - ✓ intercession
 - ✓ confession of sin/reconciliation
 - ✓ prayer for guidance
 - ✓ personal requests

- Ask yourself the following questions about your prayer life:
 - Are your prayers to the point and powerful?
 - Are you humble when you pray?
 - Are your prayers specific?
 - Are your prayers Scriptural and reflect the gospels?
 - Do you make use of a prayer book?
 - Do you pray in faith and with gratitude?
 - Do you pray seriously and with intensity?
 - Do you expect an answer to your prayers?
 - Do you stop to listen when you pray?
 - Do you use silence (directed stillness) to receive and feel God's peace and grace?
 - Do you pray specific standard prayers or meditations or do you have a spontaneous conversation with God?
 - Do you believe that prayer is a gift from God and not an obligation?
 - Do you pray for God's grace?
 - To whom do you pray? God, the Father (Creator); Jesus Christ (Savior, God made flesh) or the Holy Spirit (Advocate, provider of grace)
 - Do you ask anyone to intercede for you: the Blessed Mother, a Saint, a loved one who has died?

- Other questions about your spiritual life:
 - ✦ Do you attend Sunday Mass weekly?
 - ✦ Do you attend a Communion Service or daily mass at least once a week?
 - ✦ Do you consider your involvement in a ministry of the parish as a prayer?
 - ✦ Do you participate in the Sacrament of Reconciliation?

- Some questions to contemplate:
 - ✦ Do you consider yourself blessed?
 - ✦ Do you consider your blessings a gift from God?
 - ✦ Do you thank God for your blessings?
 - ✦ Do you share those blessings with others?

What is Prayer?

Prayer is the raising up of our minds and hearts to God, either to praise Him, or to thank Him, or to beg His grace; and therefore it is divided into Prayer of Praise, Prayer of Thanksgiving, and Prayer of Petition.

(Rephrased from the Catechism of the Catholic Church, ecc, sec. 2559)

"Be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and playing to the Lord in your hearts."
(Eph. 5:18-19)

"In all circumstances give thanks, for this is the will of God for you in Christ Jesus."
(1Thes 5:18)

"And I tell you, ask and you will receive; seek and you will find; knock and the door will be opened to you."
(Luke 11:9)

Seek to realize that prayer is a conversation with God, prompted by the Holy Spirit, taught and encouraged by Jesus Christ.

"How to pray? This is a simple matter. I would say: Pray any way you like, so long as you do pray." Pope John Paul II

St. Paul teaches us to "Rejoice always, pray without ceasing, and give thanks under all circumstances. [1Thes. 5:16-18](#)

Discovering Your Prayer Personality

Instructions:

1. For each group or words in the rows **ACROSS** – choose the word that is most descriptive of you **here and now** (not what you'd *like* to be) and circle 5 in front of that word
2. For the same row-Across, choose the word that is least descriptive of you here and now and circle 1
3. Circle 3 next to the second most descriptive word and circle 2 next to the third most descriptive
4. Do this for each row across
5. Then, total up the circled numbers for each vertical column (write the total at the bottom of the column)
6. See reverse side (Pg. 2). Where indicated, write in your totals from the columns on Pg. 1. Your highest total indicates a preferred prayer personality.

5 3 2 1 Independent	5 3 2 1 Compassionate	5 3 2 1 Spontaneous	5 3 2 1 Factual
5 3 2 1 Logical	5 3 2 1 Creative	5 3 2 1 Adventurous	5 3 2 1 Thorough
5 3 2 1 Straightforward	5 3 2 1 Empathetic	5 3 2 1 Adaptable	5 3 2 1 Systematic
5 3 2 1 Visionary	5 3 2 1 Idealistic	5 3 2 1 Self-determined	5 3 2 1 Dependable
5 3 2 1 Demanding	5 3 2 1 committed	5 3 2 1 observant	5 3 2 1 Organized
5 3 2 1 Speculative	5 3 2 1 Curious	5 3 2 1 Enthusiastic	5 3 2 1 Realistic
5 3 2 1 Original	5 3 2 1 expressive	5 3 2 1 Playful	5 3 2 1 Loyal
5 3 2 1 Challenging	5 3 2 1 Perceptive	5 3 2 1 Vivacious	5 3 2 1 Responsible
5 3 2 1 Clever	5 3 2 1 Friendly	5 3 2 1 Excited	5 3 2 1 Traditional
5 3 2 1 Questioning	5 3 2 1 imaginative	5 3 2 1 Tolerant	5 3 2 1 Detailed
5 3 2 1 Decisive	5 3 2 1 personable	5 3 2 1 Fun-loving	5 3 2 1 Devoted
5 3 2 1 Tough	5 3 2 1 Verbal	5 3 2 1 Pragmatic	5 3 2 1 Conscientious
5 3 2 1 Strategic	5 3 2 1 Concerned	5 3 2 1 Risk taker	5 3 2 1 Reliable
5 3 2 1 Change agent	5 3 2 1 supportive	5 3 2 1 Troubleshooter	5 3 2 1 Consistent
	← Total Column 1		← Total Column 2
	← Total Column 3		← Total Column 4

Total from Column 1:	Total from Column 2:	Total from Column 3:	Total from Column 4:
<p style="text-align: center;">Intellect/Thinking</p> <p style="text-align: center;">Thomistic Prayer</p>	<p style="text-align: center;">Devotional/Intuitive</p> <p style="text-align: center;">Augustinian Prayer</p>	<p style="text-align: center;">Service Minded/Sensing</p> <p style="text-align: center;">Franciscan Prayer</p>	<p style="text-align: center;">Asceticism/Feeling</p> <p style="text-align: center;">Ignatian Prayer</p>
<p>About 12% of the population follows this path, using the syllogistic method of St. Thomas Aquinas known as Scholastic prayer. The Main emphasis is on the orderly progression of thought from cause to effect.</p> <p>People of this prayer type prefer neat, orderly forms of the spiritual life, as opposed to the free-spirit, impulsive attitude of the Franciscan approach. Their spirituality is centered on the intense pursuit of all the transcendental values: truth, goodness, beauty, unity, love, life, and spirit. Like St. Teresa of Avila, they are willing to exert superhuman effort to achieve their goal.</p> <p>Never accepting second best, they seek total truth and authenticity in their lives and work hard to reach the whole truth about themselves, about God, and about sanctity. This intense pursuit of truth colors their whole spiritual life. Books of prayer often call the this method "discursive meditation." In this type of prayer, one takes a virtue or fault or theological truth and studies it from every possible angle.</p> <p>Change of behavior is an essential part of this prayer-it doesn't stay at the intellectual level. There is generally a bias against this type of prayer today because it was so much in vogue before Vatican II.</p>	<p>The majority of saints are of this prayer type, as well as 12% percent of the population, and 50% of people who go on retreats or belong to small faith groups.</p> <p>This method uses creative imagination to transpose the world of Scripture to the present day-as if the scripture passage is a personal letter from God addressed to each one of us (much like St. Augustine did).</p> <p>The essential element of this prayer type is experiencing a personal relationship with God. Because they read between the lines and catch what is inexpressible and spiritual, those who follow this passion of devotion best understand symbols and their use in the liturgy. This prayer type concentrates on meditations that loosen the feelings and expand the ability to relate and love others. The stress is on the love of self, others, and God.</p> <p>Those of this prayer type can follow the four steps of the Lectio Divina: listen to what God says in Scripture; reflect prayerfully and apply it to today; respond to God's word with personal feelings (journaling, artwork, music, etc.); remain quiet and stay open to new insights.</p>	<p>About 38 % of the population are this prayer type.</p> <p>Franciscan spirituality leads to acts of loving service, which can be a most effective form of prayer. The gospel stories about Jesus have a special appeal, particularly the Incarnation of God in the life of Jesus, which is the center around which Franciscan life and spirituality revolve.</p> <p>Franciscan prayer is flexible and free-flowing, making full use of the five senses, and it is spirit-filled prayer. Those of this type can make a meditation on the beauty of a waterfall, flower, meadow, mountain, or ocean-all of God's creation.</p> <p>There is more stress in prayer on the events of Jesus' life than on His teaching. Like St. Thérèse of Lisieux, prayer is done with total concentration-as if this is the most important thing to be doing at this moment. Thérèse did all tasks knowing that each was part of the total harmony of the universe.</p>	<p>More than 50% of all church goers practice this type of prayer of St. Ignatius of Loyola. It involves imagining oneself as part of a scene in order to draw some practical fruit from it for today. This type of prayer goes back to the Israelite way of praying in 1000 BC, to remember and immerse oneself in the event in a symbolic way.</p> <p>This is how Ignatius meditated on the Nativity scene: "I will make myself a poor, little, unworthy servant, and as though present, look upon them, contemplate them, and serve them in their needs with all possible homage and reverence. Then I will reflect on myself that I may reap some fruit."</p> <p>His preoccupation with order was evident in his Spiritual Exercises, which aimed at overcoming, as Thomas Clarke wrote, "disorderly affections, so that the retreatant may make a decision that is in keeping with God's will."</p> <p>According to Clarke, "Most souls who are willing to endure the discipline the 30 days of intense prayer activity of the Spiritual Exercises (also called a 30 day retreat) are rewarded with an unforgettable spiritual experience that frequently changes the whole direction of their lives."</p>

WRAP Journal

Date: _____

Scripture Reading: _____

Write: (v. _____)

Reflect:

Apply:

Pray:

Rest in the presence of God.