**Catholic Prayer**

*This Is Our Faith* 317-332

In the *Gospel of St. Matthew*, we are taught by Jesus: “***Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and the one who knocks, the door will be opened. Which one of you would hand his son a stone when he asks for a loaf of bread, or a snake when he asks for a fish? If you then, who are wicked, know how to give good gifts to your children, how much more will your heavenly Father give good things to those who ask him***.” (Mt. 7: 7-11).

*What is Prayer?* Our classic Catholic definition is that Prayer is the lifting up of our minds and hearts to God. It is the desire and attempt to communicate with God.

In the **dynamics of prayer** we begin by looking at ordinary human interaction.

**A). WHO ARE YOU?**

Maybe you are an **outgoing person**: you make new acquaintances easily, you are often the first to speak, and new situations energize you.

Or perhaps you are more an **introverted person**: you have fewer but deeper friendships, listening rather than talking is your strength, and you find predictability reassuring.

Regardless of your nature and character, you know that **making and keeping friends** takes effort.

Think for a minute of the ways you have learned to develop good friendships. If I asked you to make a short list of 5 things – what would they be?

It might surprise you to realize that these and other facets of making and keeping strong friendships also apply to another more important relationship – prayer. PRAYER can become alive and vital when you experience it as a deep personal relationship with GOD.

**B). PRAYER DEFINED**

How do we learn to talk? How do we learn a language? We begin by imitating someone else. Sounds and words and tones gradually become yours, and you gain a skill by stringing them into phrases, and then into sentences to express deeper thoughts. This same process carries over into prayer.

We all generally begin to learn to talk to God by using someone else’s words. These **memorized prayers** help us in a way to express a childlike faith. But as you mature, you begin to use your own words in prayer to express who YOU ARE, and what YOU THINK, and how YOU FEEL, and what YOU NEED.

We approach prayer as “**talking to God**” and this is a good starting point, but too much talk has its draw backs.

Sometimes we start out talking to God, only to end up talking to ourselves. Think of a friend who dominates all conversations. Few of us have the patience to stay close to them when they talk too much, drown out others, interrupt and manage to always turn the talk back to themselves. So, a question: In addition to TALKING to God, do you spend time **LISTENING to him**? WORDS are an important part of praying, but just as relationships are more important than words, so too is prayer.

**Prayer is the lifting up of our minds and hearts to God**. It is the desire and attempt to communicate with God. In other words, aside from WORDS, prayer also involves the MIND and the HEART. In includes insight and affection, just like any good and lasting friendship.

Sometimes when you pray, you might experience INSIGHT, like a bright lightbulb going off in your head. More often when you raise your mind to God in prayer, your intellect is shaped so gradually and gently that you only notice a change over time, much like you come to appreciate the way a good friend or teacher has influenced your thinking, only years later.

Just as friendship is more about affection than insight, prayer is also more a matter of the heart/ When you allow yourself to open your heart in friendship to God, you can hear God’s voice within saying, “***I love you***!” When this happens, you experience the power of prayer to heal you and to help you become more loving in your relationships.

**C). Kinds or types of PRAYER:**

1. Prayer can be expressed vocally or [mentally](https://en.wikipedia.org/wiki/Mental_prayer).
   1. Vocal prayer may be spoken or sung.
   2. Mental prayer can be either [meditation](https://en.wikipedia.org/wiki/Christian_meditation) or [contemplation](https://en.wikipedia.org/wiki/Christian_contemplation).

And so, prayer can be divided into vocal and mental types.

Vocal prayer is that which is made by using some approved form of words, read or recited; such as the [sign of the cross](https://en.wikipedia.org/wiki/Sign_of_the_cross), the [Liturgy of the Hours](https://en.wikipedia.org/wiki/Liturgy_of_the_Hours) (Divine Office), the [Angelus](https://en.wikipedia.org/wiki/Angelus), grace before and after meals, etc.

Mental prayer is that which is made without employing either words or formulas of any kind. Catholics are exhorted to beware of underrating the usefulness or necessity of vocal prayer. Common vocal prayers include the [Lord's Prayer](https://en.wikipedia.org/wiki/Lord%27s_Prayer) (Our Father, Pater Noster), the [Hail Mary](https://en.wikipedia.org/wiki/Hail_Mary) (Ave Maria, Angelic Salutation), the [Glory Be](https://en.wikipedia.org/wiki/Glory_Be) (Gloria Patri, Minor Doxology), and the [Apostles' Creed](https://en.wikipedia.org/wiki/Apostles%27_Creed) (Symbolum Apostolorum).

Catholics consider vocal prayer an essential element of the Christian life. Vocal prayer can be as simple and uplifting as “Thank you, God, for this beautiful morning,” or as formal as a [Mass](https://en.wikipedia.org/wiki/Mass_(Catholic_Church)) celebrating a very special occasion.

When two or more people gather together to pray, their prayer is called **communal prayer**. Examples of communal prayer are the [Rosary](https://en.wikipedia.org/wiki/Rosary), [devotional prayers](https://en.wikipedia.org/wiki/Roman_Catholic_devotions) including [novenas](https://en.wikipedia.org/wiki/Novenas) and [litanies](https://en.wikipedia.org/wiki/Litany#Roman_Catholic_litanies), classroom prayers, and, most importantly, **the Mass**.

The basic forms of prayer are **adoration**, **contrition**, **thanksgiving** and [**supplication**](https://en.wikipedia.org/wiki/Supplication), abbreviated as **A.C.T.S**

1. **Adoration/Blessing**

Adoration is the first attitude of man acknowledging that he is a creature before his Creator. [**Praise**](https://en.wikipedia.org/wiki/Praise) is the form of prayer which recognizes most immediately that God is God. It praises or lauds God for his own sake and gives him glory, quite beyond what He does, but simply because He is.

In its widest applications the word "**blessing**" has a variety of meanings in sacred writings. It can be taken in a sense that is synonymous with praise; thus the Psalmist, "I will bless the Lord at all times; praise shall be always in my mouth." [Ps. 34] The prayer of blessing expresses praise and honour to God and is man's response to God's gifts.

1. **Contrition/Repentance**

Repentance is sincere regret or remorse for sin, resolution to avoid sin in the future, and conversion of the heart toward God, with hope in His mercy and trust in the help of His grace. Contrition, similarly, is a sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again. The Catholic Church further provides the sacrament of Penance, by which members may receive forgiveness of their sins by Jesus Christ through His ordained priests, according to the words of Jesus Christ to His apostles, "Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained."

1. **Thanksgiving/Gratitude**

Thankfulness is thanking God for what he has given and done.

1. **Supplication/Petition/Intercession**

A **prayer of petition** is a request to God that asks him to fulfill a need. By prayer of petition, Catholics acknowledge their dependence on God. This expression is not intended to instruct or direct God what to do, but to appeal to his goodness for the things we need; and the appeal is necessary, not because He is ignorant of our needs or sentiments, but to give definite form to our desires, to concentrate our whole attention on what we have to recommend to him, to help us appreciate our close personal relationship with him. The expression need not be external or vocal; internal or mental is sufficient.

The prayer of petition is at its heart an Act of Faith in that the one praying must believe first, in the existence of God; and second, that God is both willing and able to grant the petition. The *Catechism* states that asking forgiveness, coupled with trusting humility, should be the first movement of a prayer of petition (see Contrition/Repentance above). Jesus said to bring our every need to God in his name and assures that “whatever you ask the Father in my name he will give you.” (John 16:23) Through petition one can ask for God's help with every need no matter how great or small. According to the *Catechism*, Christ is glorified by what we ask the Father in his name.

**Intercession** is a prayer of petition which leads us to pray as Jesus did. He is the one Great Intercessor with the Father on behalf of all people, especially sinners. As the Body of Christ, we are also called to intercede for each other and encouraged to ask intercessory prayers of those members of the Body of Christ who have gone before us and are in Heaven as well as of the holy angels. Mary, the Mother of Christ and our Mother is especially looked to for intercessory prayers on our behalf because of her closeness with her Son, our Savior Jesus Christ, and our turning to her, to the saints, to the holy angels, and to each other, does not diminish, but enhances, the understanding that Christ remains above all the Head of the Body of Christ and the One, Great Intercessor before Our Father in Heaven.

**D). PRAYER as COVENANT, COMMUNION and GIFT**

According to the Scriptures, it is the heart that prays. Biblically speaking, the “heart” is your hidden core or center, the place of decision and truth where – as a person made in God’s image – you speak to God, live in God’s presence, and hear God speak to you. The heart is where your relationship with God unfolds.

In you review my previous lecture on the Psalms, you may remember that these verses were generally meant to be sung prayers.

**Psalms**

The Psalms have always been an important part of Catholic liturgy. From earliest times until today, Christians view the Old Testament as prefiguring Christ. The evangelists put the words of the psalms on the lips of Jesus during his passion. Along these lines, ancient monks and nuns in the Egyptian desert heard Jesus' voice in all the psalms. They believed the psalms were written by King David, but they also believed that the pre-existent Christ inspired David to do the writing (Ps 110:1). For this reason, they prayed the whole Psalter daily. This tradition has grown and changed, but it still continues, faithful to the ancient practice. In Christian monasteries and many religious houses throughout the world, vowed men and women gather three to seven times daily to pray the psalms.

The [Liturgy of the Hours](https://en.wikipedia.org/wiki/Liturgy_of_the_Hours) is centered on chanting or recitation of the Psalms. Early Catholics employed the Psalms widely in their individual prayers also. Until the end of the Middle Ages it was not unknown for the laity to join in the singing of the [Little Office of Our Lady](https://en.wikipedia.org/wiki/Little_Office_of_Our_Lady), which was a shortened version of the Liturgy of the Hours providing a fixed daily cycle of twenty-five psalms to be recited.

**Devotions**

Devotions are prayers or pious exercises used to demonstrate reverence for a particular aspect of God or the person of Jesus, or for a particular saint. [**Catholic devotions**](https://en.wikipedia.org/wiki/Catholic_devotions) have various forms, ranging from formalized prayers such as novenas to activities which do not involve any prayers, such as Eucharistic adoration, the veneration of the saints, and even horticultural practices such as maintaining a Mary garden. Common examples of Catholic devotions include the [Rosary](https://en.wikipedia.org/wiki/Rosary), the Devotion to the [Sacred Heart of Jesus](https://en.wikipedia.org/wiki/Sacred_Heart_of_Jesus), the [Holy Face of Jesus](https://en.wikipedia.org/wiki/Holy_Face_of_Jesus), the [Immaculate Heart of Mary](https://en.wikipedia.org/wiki/Immaculate_Heart_of_Mary), and the veneration of various saints, etc. The [Congregation for Divine Worship](https://en.wikipedia.org/wiki/Congregation_for_Divine_Worship) at the Vatican publishes a *Directory of devotions and pious practices*.

The Rosary is a devotion for the meditation of the mysteries of joy, of sorrow and the glory of Jesus and Mary. Sister Lucia dos Santos of Fatima said: "The Most Holy Virgin in these last times in which we live has given a new efficacy to the recitation of the Rosary to such an extent that there is no problem, no matter how difficult it is, whether temporal or above all spiritual, in the personal life of each one of us, of our families...that cannot be solved by the Rosary. There is no problem, I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the Holy Rosary." In his 2002 encyclical ***Rosarium Virginis Mariae***, Pope John Paul II emphasized that the final goal of Christian life is to be transformed, or "transfigured", into Christ, and the rosary helps believers come closer to Christ by contemplating Christ.

**Spiritual bouquet**

A **spiritual bouquet** is a collection of prayers and spiritual actions given or offered up for a specific purpose.

Learning to pray

Although many promises are associated with prayer, in his book "The Way to Christ" [Pope John Paul II](https://en.wikipedia.org/wiki/Pope_John_Paul_II) warned against "mechanical prayer" and pointed out the need for self-reflection before prayer. And in his message for the 42nd "World Day of Prayer" he said:

"We have to learn to pray: as it were learning this art ever anew from the lips of the Divine Master himself, like the first disciples: 'Lord, teach us to pray!' (Lk 11:1)."

In Catholic tradition, there are many legends about the power of persistent prayer. In the fourth century, Saint [Monica of Hippo](https://en.wikipedia.org/wiki/Monica_of_Hippo) is said to have prayed for the conversion of her son [Augustine](https://en.wikipedia.org/wiki/Augustine_of_Hippo) for fourteen years and he eventually became an influential figure in Christian thought.

**Prayer in the New Testament:**

In the New Testament, PRAYER is presented as a positive command (Colossians 4:2; 1 Thess. 5:17). The people of God are challenged to include prayer in their everyday life, even in the midst of busy struggles of marriage (see 1 Cor. 7:5-7), as prayer is thought to bring the faithful closer to God.

Prayer is shown to be God’s appointed method by which the faithful obtain what God wants to bestow (see Matt. 7:7-11; Matt. 9:24-29; Luke 11:15).

And in the *Acts of the Apostles* prayer is seen at the earliest moments of the Church (Acts 3:1). The apostles regarded prayer as an essential part of their lives (Acts 6:4; Romans 1:9; Colossians 1:9). As such, the apostles frequently incorporated verses from the *Psalms* into their writings [Romans 3:10-18 borrows from Psalm 14:1-3 and other psalms].

Therefore, due to this emphasis on prayer in the early church, lengthy passages of the New Testament contain prayers or canticles, such as the “prayer for forgiveness” (Mark 11:25-26), the “Lord’s Prayer,” the *Magnificat* and the *Benedictus* (Luke 1:46-55; Luke 1:68-79), and Jesus’ prayer to the One True God (John 17), as well as exclamations such as, “Praise be to the God and Father of our Lord Jesus Christ!” (Ephesians 1:3-14), the “Believer’s Prayer” (Acts 4:23-31), Christ’s prayer on the night of his Passion (“May this cup be taken from me!” in Matt. 26:36-44), “Pray that you will not fall into temptation,” (Luke 22:39-46); and the prayer of St. Stephen as his is martyred (Acts 7:59-60), the “prayer of Simon Magus” (Acts 8”:24; prayer for deliverance from evil (2 Thess. 3:1-2), and for us now in ADVENT, the *Marana tha* Prayer – “Come Lord Jesus,” (1 Cor 16:22).

But above all, The Lord’s Prayer has place of primacy in the New Testament.

**E). THE LORD’S PRAYER**

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One of the best ways of learning to pray is to turn to the prayer that Jesus Himself taught to us, the “Our Father.” We can find an outline on *how to pray* in this simple prayer, a prayer that has four parts:

**You**: “Our Father”

**Who**: “Who art in heaven, hallowed be thy name.”

**Do**: “Thy Kingdom come”

“Thy Will be done on earth as it is in heaven.”

“Give us this day our daily bread”

“Forgive us our trespasses

As we forgive those who trespass against us.”

“Lead us not into temptation”

“Deliver us from evil.”

**Through**: “For thine is the kingdom, the power and the glory, for ever

And ever. AMEN.

*Read through pages* 327-331 *of*  ***This Is Our Faith*.**

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**90 Ways to Pray…For Those Days When You Need A Place to Start!**

Written By

[Becky Roach](https://catholic-link.org/author/becky-roach/)

Have you ever found yourself in a prayer rut? Perhaps you’ve been saying the same prayers for so long you no longer pay attention to the meaning behind the words.   Your prayer routine has become just that, routine.  Though it is good to be in the habit of prayer, we must not lose the heart of our prayer.   Prayer is ultimately a relationship between us and God the Father, Christ the Son and the Holy Spirit.

God, in His goodness, has given us many forms of prayer.  Our very life can be a prayer if we let it!  Praying in a new way can help us to learn about God in a way that we have never thought about before.  If you need a prayer boost, try one of these suggestions! Clicking the orange links will take you to the prayer or resource that you need.

I know there are many more forms of prayer that we can add to the list. Will you leave your suggestions? I want to know your favorite way of growing in your relationship with God and having a vibrant prayer life.

**90 Ways to Pray**

1. **Amen** – This simple prayer means **“I believe.”**

2. The Sign of the Cross

3. The Our Father

4. The Glory Be

5. The Jesus Prayer – **“Lord Jesus Christ, Son of God, have mercy on me, a sinner.”**

6. Read the Psalms (Start with Psalms 23, 46, and 51)

7. Do a prayer walk and pray for your neighbors as you pass by each home.

8. Prayer to the Holy Spirit – *Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.  O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.*

9. [Pray that many would hear the call to a vocation to the religious life.](http://www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers/prayers-for-vocations.cfm)

10. [Anima Christi](https://www.ewtn.com/Devotionals/prayers/anima2.htm)

11. [Listen to Christian music. Let the lyrics lead you in prayer.](http://www.catholicplaylistshow.com/)

12. Set an alarm to remind you to prayer every day at 3pm. **This is the Hour of 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.”*  You don’t have to pray an entire Chaplet, just pause to reflect on Christ crucified for our sins.

13. Choose to fast from something (music, food, techonology)  for the day

14. Ask the Holy Spirit to guide your prayer. *“We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.”* – Romans 8:26

15. [A Litany of Humility](https://www.ewtn.com/Devotionals/prayers/humility.htm)

16. [The Morning Offering](https://www.ewtn.com/Devotionals/prayers/morning2.htm)

17. Sit outside and adore the beauty of God’s Creation

18. Make a consecration to Mary  (33 Days to Morning Glory)

19. Attend a Bible study or prayer meeting at your church

20. Make a list of the attributes and qualities of God.

21. [The Act of Contrition](https://www.ewtn.com/Devotionals/prayers/contrit.htm)

22. Use prayers of Aspiration – Praise the Lord, Thanks be to God, Bless the Lord

23. Pray for Peace in our world  and an end to hatred, discrimination, and injustice ([Peace prayer of St. Francis](http://www.catholicnewsagency.com/resources/saints/saints/peace-prayer-of-st-francis-of-assisi/))

24. Use Holy Water, Blessed Oil, or Blessed Candles in your prayer time

25. [St. Michael the Archangel Prayer](https://www.ewtn.com/Devotionals/prayers/michael.htm)

26. Pray for the intentions of the Pope

27. The Hail Mary

28. [Act of Consecration to the Sacred Heart of Jesus](https://www.ewtn.com/Devotionals/heart/consecration.htm)

29. Pray for the leaders of our country and our world

30. [A Litany of Praise](http://infohost.nmt.edu/~chonte/litany.html)

31. Pray over your children when they are hurt or sick. “Jesus help them feel better quickly. Amen”.  Also, pray a bedtime prayer with them. [Teaching your children to pray is a beautiful gift to both them and God.](http://catholic-link.org/2015/10/26/10-great-ways-to-teach-your-child-to-pray/)

32. [The Apostles Creed](https://www.ewtn.com/Devotionals/prayers/creed2.htm)

33. Make a box to store prayer cards and holy cards.  Pull one out when you need to pray.

34. Meet a friend for a Prayer Date and pray with one another.

35. Pray for priests and others in religious life.

36. [Make a Spiritual Communion](https://www.ewtn.com/Devotionals/prayers/blsac4.htm)

37. [Guardian Angel Prayer](https://www.ewtn.com/Devotionals/prayers/angel2.htm)

38. Create a list of all the things you are thankful for and praise God for His goodness

39. [Do a spiritual work of mercy](http://www.usccb.org/beliefs-and-teachings/how-we-teach/new-evangelization/jubilee-of-mercy/the-spiritual-works-of-mercy.cfm)

40. [The Daily Examen](http://www.ignatianspirituality.com/ignatian-prayer/the-examen)  from St. Ignatius (Check out the [app](http://reimaginingexamen.ignatianspirituality.com/)!)

41. Write your own prayer in a Journal or try [Bible Journaling](http://www.catholicicing.com/bible-journaling/)

42. [The Angelus](https://www.ewtn.com/Devotionals/prayers/Angelus.htm)

43. Pray as you do household chores such as dishes and laundry. Lift up the needs of the person you are serving through your task.

44. Listen to [Gregorian Chant](https://www.youtube.com/watch?v=yzMa0qzwagA)

45. Pray that our culture would understand the Beauty, Miracle and Sanctity of ALL Life

46. [The Memorare](https://www.ewtn.com/Devotionals/prayers/Memorare.htm) (or even an “express novena” of nine *Memorares!*)

47. Think about someone you might have forgotten to pray for and lift up their needs immediately.

48. Scroll through the contacts on your phone and pray for each name you come across.

49. [Do a corporal work of mercy](http://www.usccb.org/beliefs-and-teachings/how-we-teach/new-evangelization/jubilee-of-mercy/the-corporal-works-of-mercy.cfm)

50. [Go to Confession](http://catholic-link.org/2016/03/17/a-7-step-survival-guide-for-returning-to-confession/)

51. Pray for the needs of the poor

52. Read the Gospel readings for Sunday Mass/Daily – [Laudate App](https://itunes.apple.com/us/app/laudate-1-free-catholic-app/id499428207?mt=8)

53. Make an Examination of Conscience

54. Make a list of prayers that have been answered and thank God!

55. Pray the Seven Sorrows of Mary

56. Pray for miracles, signs, and wonders to show the power of God and convert many hearts

57. Learn about and try [Praying with breath](http://catholic-link.org/2015/09/16/how-to-begin-praying-with-the-breath-to-improve-your-spiritual-life/)

58. Read [a spiritual book](http://catholic-link.org/2015/07/31/26-catholic-books-you-should-be-reading/) or a daily devotional to help you understand the Scriptures.

59. [Go to Adoration](http://catholic-link.org/2015/07/10/10-surprising-things-that-happen-when-you-go-to-adoration-more-often/). Sit with the Lord and enjoy being in His presence.

60. [Lectio Divina](http://catholic-link.org/2015/10/16/what-is-and-a-step-by-step-guide-on-how-to-pray-lectio-divina/)

61. [The Liturgy of the Hours](http://divineoffice.org/)

62. Pray for the sick, the suffering, and the dying

63. Pray St. Gertrude’s Prayer – *“Eternal Father, I offer Thee the Most* [*Precious Blood*](http://www.catholic.org/encyclopedia/view.php?id=9585) *of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.”* The Lord told St. Gertrude that every time this prayer is said 1000 souls will be released from purgatory!!

64. [Spiritually Adopt](http://www.holyheroes.com/Spiritual-Adoption-s/92.htm) an Unborn Child and commit to praying for them over the next 9 months

65. [Pray the Acts of Faith, Hope, and Love](http://www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers/acts-of-faith-hope-and-love.cfm)

66. Pray for families and marriages to be rooted in God’s love and strengthened through grace.

67. **Pray before and after meals**

68. Pray for each friend on your Facebook page, pray for the person you are sending an email to, or pray your Twitter feed

69. [The Rosary](http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/scriptural-rosary-the-sorrowful-mysteries.cfm) –  Try a scriptural or Pro-life rosary

70. Pray for the Lonely, Hopeless, and Despairing that they would find Hope in Jesus

71. Pray for someone who died unexpectedly that they would receive God at the hour of their death

72. Practice [The Rule of St. Benedict](http://www.osb.org/rb/text/toc.html)

73. [The Nicene Creed](http://www.usccb.org/beliefs-and-teachings/what-we-believe/)

74. [Find a Saint](http://saintsnamegenerator.com/) to pray with and learn more about

75. [The Litany of the Precious Blood](https://www.ewtn.com/Devotionals/Litanies/blood.htm)

76. [The Spiritual Exercises of St. Ignatius](http://www.ignatianspirituality.com/ignatian-prayer/the-spiritual-exercises)

77. Chaplet of [Divine Mercy](http://www.divinemercymessage.com/) or one of many other [Chaplets](http://catholic-link.org/2015/07/19/three-catholic-prayer-hacks-outstanding-initiatives/)

78. [The Way of the Cross](https://www.ewtn.com/Devotionals/Stations/openpray.htm)

79. Pray the ABC’s.  Start with A and think of a word that describes God (example A – God is Awesome, B- God is Beautiful, etc) and work your way through the alphabet.

80. Pray for the spiritual and physical needs of each member of your family

81. **Simply speak the name of Jesus!**

82. “Jesus, Mary and Joseph, I love you, save souls!”

83. When someone thanks you, or praises you, give the glory to God and  respond “praise God!,” or “AMDG – To the Greater Glory of God!”

84. Sing the seasonal [Marian Antiphon](http://www.adoremus.org/0907MarianAnthems.html)

85. Offer your day for a specific intention for a loved one, friend or stranger.

86. Wear your prayers. [My Saint My Hero](https://mysaintmyhero.com/) offers Blessing bracelets, Scapular earrings, and Saint necklaces.  This jewelry will serve as a reminder to pray through your day.

87.  Sit in silence and listen for the voice of God.

88. [Pray a Novena](https://www.praymorenovenas.com/) for a specific intention

89.  Find a Bible verse that you like and memorize it so you can pray it often.

**90. Attend THE MASS as often as you can – our highest form of prayer**