

Come, O Holy Spirit



Heal our wounds, our strength renew;
On our dryness pour thy dew;
Wash the stain of guilt away.
Bend the stubborn heart and will;
Melt the frozen, warm the chill,
Guide the steps that go astray.

From a hymn to the Holy Spirit
by Stephen Langton (d. 1228)

Prayer Works



Basic Information about Christian Prayer

In prayer we become deeply aware of the presence of God!

Our Christian Faith teaches us that God is present to us revealing Himself to us. God calls us to a relationship with Him.. He is our Creator, Father, Redeemer, Sanctifier. God has and continues to speak to us, to call us to participate in **DIVINE LIFE**.

Our Christian Faith teaches us that in Baptism, we become God's adopted sons and daughters... receiving the Holy Spirit, which enables us to live a **LIFE OF PRAYER**. ...calling God .. OUR FATHER.

Our Christian Faith teaches us that God is truly present..In our hearts, In the Church, the Communion of Saints, In the Catholic Sacraments, In the Holy Scriptures, In the Blessed Sacrament and In His creation.

Christian Prayer leads us to Christian discipleship....

.....A person of prayer grows in Faith, Hope and Love.

The Christian Disciple who prays should have these qualities:

- Confidence
- Humility
- Sincerity

The Goals of Christian Prayer:

- Adoration ... Psalm 95
- Thanksgiving ... 1 Thessalonians 5: 16-18
- Petition ... Luke 11: 5 – 13
- Contrition ... Psalm 51

Kinds of Catholic Christian Prayers:

- PRIVATE / PERSONAL
- PUBLIC / COMMUNAL

The Catholic Prayer Life

Praying... when, where, to whom and for whom:

We should always be prayerful people ... but we cannot pray all the time... we need to develop the **discipline of prayer**... making time in our day for prayer.

...morning, afternoon, evening, night

...on the Lord's Day... Sunday ... Holy Days of Obligation

...daily, weekly, monthly ... the Liturgical Year...

...at special events, moments in our lives and in the lives of other people.

We believe God is everywhere...at home, in our workplace, in our world, etc.

...In a quiet place, lonely place, in the church, especially in front of the Blessed Sacrament.

...In the sacraments, in Holy Scripture, we pray in front of holy images, holy places.

We pray to God.

We pray to God as Father, God as Son, God as Holy Spirit.

...We pray in the name of God the Father, Son and Holy Spirit.

...We pray to the Father, through the Son, with the power of the Holy Spirit.

We pray to God as Son, Jesus Christ: our Savior, Redeemer, Lord, Brother, Friend, Teacher...

We pray to God as Holy Spirit... e.g. *"Come, Holy Spirit, fill the hearts of your faithful..."*

We pray to the Saints

... we believe in the communion of saints... the saints remain s our friends and intercede for us to God.

... **Holy Mary** is foremost interceding for us to her son, Jesus Christ... so we pray a lot to her.

We pray to the Angels

... we believe Angels are God's messengers who take our words to God and bring God's words to the world.

We pray for ourselves, for the Church, for our families, for those in need, for those who have died.

We pray for our enemies.....

CATHOLIC PRAYERS ... COME IN ALL SHAPES AND SIZES....

Formal prayers:

Sign of the Cross, Our Father, Hail Mary, Glory Be, the Confiteor, Act of Contrition, the Angelus, etc.

The Catholic Mass .. THE OFFICIAL FORMAL PUBLIC PRAYER OF THE CATHOLIC CHURCH

The Seven Catholic Sacraments, the Liturgy of the Hours...

Devotional Prayers:

The Rosary, the Stations of the Cross, Eucharistic Adoration, Novenas, Pilgrimages, Litanies.....

Others:

Scriptural Prayer, Examination of Conscience, *Lectio Divina*, Meditation, and Contemplation, Spontaneous.....

Common Catholic Prayers

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.

Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst 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.

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.

The Apostle's Creed

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son, Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell. The third day He arose again from the dead; He ascended into Heaven, sits at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Hail Holy Queen

Hail, Holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thy eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary! Amen.

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help or sought thy intercession, was left unaided. Inspired by this confidence, We fly unto thee, O Virgin of virgins my Mother; to thee do we come, before thee we stand, sinful and sorrowful; O Mother of the Word Incarnate, despise not our petitions, but in thy mercy hear and answer them. Amen.



The Angelus

V- The Angel of the Lord declared unto Mary.

R- And she conceived by the Holy Spirit. (Hail Mary....)

V- Behold the handmaid of the Lord.

R- Be it done unto me according to thy word. (Hail Mary....)

V- And the Word was made Flesh.

R- And dwelt among us. (Hail Mary....)

V- Pray for us, O Holy Mother of God.

R- That we may be made worthy of the promises of Christ.

LET US PRAY: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that, we to whom the Incarnation of Christ, Thy Son, was made known by the message of an Angel, may by His Passion and Cross, be brought to the glory of His Resurrection through the same Christ our Lord. Amen.

Act of Contrition

O my God, I am heartfully sorry for having offended thee, and I detest all my sins because of Thy just punishment, but most of all because I have offended Thee my God, Who is 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 occasion of sin. Amen.

Miraculous Medal Prayer

O Mary, conceived without sin, pray for us who have recourse to thee, and for those who do not have recourse to thee, especially the enemies of the Church and those recommended to thee. Amen.

Morning Offering

Dear Lord, I do not know what will happen to me today. I only know that nothing will happen that was not foreseen by You, and directed to my greater good from all eternity. I adore Your holy and unfathomable plans, and submit to them with all my heart for love of You, the Pope, and the Immaculate Heart of Mary. Amen.

Guardian Angel Prayer

Angel of God, my Guardian dear, to whom God's love commits me here, ever this day (or night) be at my side, to light and guard, to rule and guide. Amen.

Grace Before Meals

Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen.

Grace After Meals

We give Thee thanks for all Thy benefits, O Almighty God, who lives and reigns, world without end. Amen.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

The Catholic Church's Liturgical Year

The Liturgical Year is the name we give to the Catholic Church's year. It is our way of celebrating the life of Jesus Christ as we move from day to day, month to month, season to season.

The liturgical year is made up of six seasons:

- [Advent](#) - four weeks of preparation before the celebration of Jesus' birth
- [Christmas](#) - recalling the Nativity of Jesus Christ and his manifestation to the peoples of the world
- [Lent](#) - a six-week period of penance before Easter
- [Sacred Paschal Triduum](#) - the holiest "Three Days" of the Church's year, where the Christian people recall the suffering, death, and resurrection of Jesus
- [Easter](#) - 50 days of joyful celebration of the Lord's resurrection from the dead and his sending forth of the Holy Spirit
- [Ordinary Time](#) - divided into two sections (one span of 4-8 weeks after Christmas Time and another lasting about six months after Easter Time), wherein the faithful consider the fullness of Jesus' teachings and works among his people

The mystery of Jesus Christ, unfolded through the cycle of the year, calls us to live his mystery in our own lives. This call is best illustrated in the lives of Mary and the saints, celebrated by the Church throughout the year. There is no tension between the mystery of Christ and the celebration of the saints, but rather a marvelous harmony. The [Blessed Virgin Mary](#) is joined by an inseparable bond to the saving work of her Son, and the feasts of all the [saints](#) proclaim the wonderful works of Christ in his servants and offer the faithful fitting examples for their imitation. In the feasts of Mary and of the saints, the Paschal Mystery of Christ is proclaimed and renewed. Seasons, saints, and celebrations during the liturgical year are laid out in a yearly [liturgical calendar](#).



The Liturgical Year....

Holy Days of Obligation for the Catholic Church in the United States are.....

... all the Sundays of the Year ... and ... these special days:

- January 1: Solemnity of the Virgin Mary, Mother of God
- During Easter Season: Ascension Thursday
- August 15: Assumption of the Virgin Mary
- November 1: All Saints
- December 8: Immaculate Conception of the Virgin Mary
- December 25: Christmas

Popular Religious Days... Not Holy Days of Obligation:

Ash Wednesday, Holy Thursday, Good Friday, Annunciation Day(March 25), St. Patrick's Day (March 17), St. Blaise Day(Feb. 3), St. Joseph's Day(March 19), All Soul's Day(November 2) , Thanksgiving Day, Our Lady of Guadalupe Day (Dec. 12), St. John the Baptist Day(June 24) , Epiphany(January 6), Guardian Angels Day (Oct. 2), Visitation (May 31), St. Francis of Assisi Day (October 4),