

WAYS OF PRAYING

1 PASS ON THE TRADITION

- ▶ The Mass
- ▶ The Sacraments
- ▶ Benediction
- ▶ Stations of the Cross
- ▶ The Rosary
- ▶ Liturgy of the Hours
- ▶ Meditation

2. Prayer of the mind: Meditation

Meditation is above all a quest. The mind seeks to understand the why and how of the Christian life, in order to adhere and respond to what the Lord is asking. CCC 2705

- Lectio Divina
- Imaginitive Prayer

3. Prayer of the heart: Contemplation

2712 Contemplative prayer is the prayer of the child of God, of the forgiven sinner who agrees to welcome the love by which he is loved and who wants to respond to it by loving even more

2713 Contemplative prayer is the simplest expression of the mystery of prayer. It is a *gift*, a grace; it can be accepted only in humility and poverty.

2714 Contemplative prayer is also the preeminently *intense time* of prayer.

4. Prayers with the youngest children: Circle time prayers

5. Prayers of the faithful

We pray for.....that....

Lord on your mercy...Hear our prayer

6. Prayers using scripture

7. Ways to start a prayer

8. Liturgy of the Hours

9. Symbolic Action

10. Sacred Space

