

DIFFERENT  
WAYS TO . . .

Pray!



a guide to having a relationship with God!

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# INTRODUCTION TO PRAYER



Prayer is a conversation between you and God!

It can happen anywhere and at anytime. There is no set way or structure but it is the basis for our a personal relationship with God.

This is a guide explaining and exploring different ways to pray. It is for everyone, whether you pray all the time or have never prayed before.

This guide will increase your knowledge of different types of prayer and help you to reflect on why we pray, what we pray and how to grow your relationship with God.



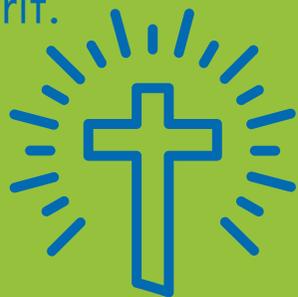
# THE SIGN OF THE CROSS

## What and When?

We make the Sign of the Cross at the start and end of all of our prayers - the Sign of the Cross is not simply an action but a prayer in itself. Like all prayers, the Sign of the Cross should be said with reverence; we shouldn't rush through it but should think about the words.

## How?

The sign of the cross is made using your right hand. You should touch your forehead at the mention of the Father; the center of your chest at the mention of the Son; and the left shoulder on the word "Holy" and the right shoulder on the word "Spirit."



Right Hand

We say . . .  
*"In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen."*

## Why?

When we make the Sign of the Cross, we profess the deepest mystery of our Faith - the Trinity. That God is 3 and 1 at the same time. It also reminds us that Jesus died on the cross for our sins. The combination of the words and the action are a statement of our beliefs. By making the sign of the cross we are uniting ourselves with BILLIONS of people from around the world who also pray.

# THE OUR FATHER

*Why?*

When the disciples asked Jesus how to pray, he taught them the Lords prayer. The words have remained unchanged since Jesus taught his disciples and today those words unite every Christian across the world. It is the universal prayer of the Church and one which connects us with billions of people.

*When and How?*

The Our Father is said in every mass. Its a prayer that can be used anywhere at anytime to talk to our Father in Heaven! We pray it by saying . . .



*"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."*



# THE HAIL MARY

## Why?

This prayer is split into three parts. The first part is literally from Heaven! It is the words the Angel Gabriel spoke when he appeared to Mary.

The second part is what Elizabeth said to Mary when Mary visited her. The final part is asking Mary to pray for us. It is important to remember that we don't pray TO Mary but ASK Mary to unite her prayers with ours. She's in Heaven praying for you right now!



## When?

We use this prayer during mass as part of the prayers of intercession when we ask Mary to pray for us. It is also used when saying the rosary, which is a style of prayer that helps us to reflect on Jesus' life. Or you can just pray it when you need someone to pray for you.

## How?

We say . . .  
*Hail Mary full of Grace,  
the Lord is with thee.  
Blessed are 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.*



# THE GLORY BE

## Why?



The Glory Be is a well known Catholic prayer - it is a "doxology" which comes from the Greek word meaning an expression of glory or praise. It helps us to remember that God is everywhere in His three forms which we know as the Trinity - God the Father, God the Son and the Holy Spirit.

## How?



We say . . .

*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*

## When?

The Glory Be can be used in many different ways; to give glory to God, to start and end a time of prayer or as a prayer of thanks for His presence in our lives. It's a short, easy prayer to remember and is useful to pray on the go! It is also used throughout the Rosary.

Sometimes when praying The Glory Be, The Sign of the Cross will be made emphasising the importance of the Trinity throughout our faith.



# THE ETERNAL REST

## Why and What?

We pray the Eternal Rest for those who have passed away and request God's love and mercy to grant them rest and eternal peace with Him in Heaven.

## How?

We say . . .

*Eternal rest grant unto them, O Lord,  
and let perpetual light shine upon them.*

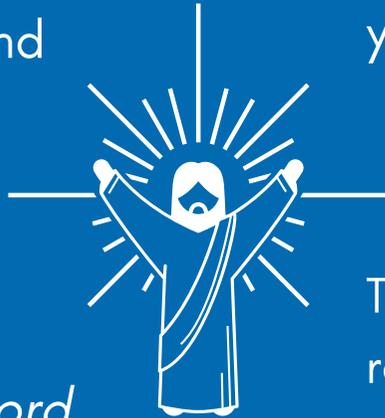
*May they rest in peace.*

*Amen.*

During the prayer the phrase 'Perpetual light' is used this refers to heaven, the glory of God and Our Blessed Lord. Jesus is the "light of the world" (John 9:5). Therefore, to have perpetual light shining on you, means that you are in heaven and in the presence of God for all eternity.

## When?

The Eternal Rest is said when we are remembering those we know who have passed away. November is the month when the Church remembers those who have died so it often prayed then. You could pray it when visiting graves of loved ones.

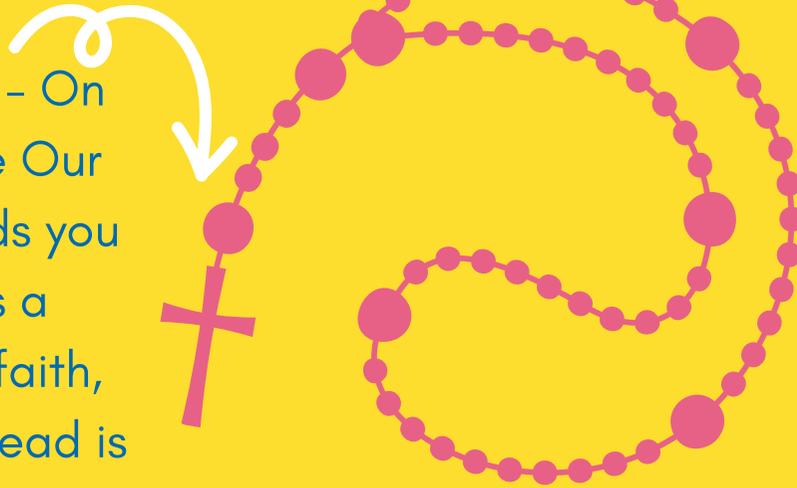


# THE ROSARY



## How?

You start the Rosary **HERE** - On the first bead you pray the Our Father, the next three beads you pray three Hail Marys as a reminder of the virtues of faith, hope and love, the fourth bead is used to pray a Glory Be.



After this, the Rosary is divided into four sets of ten beads known as decades. To complete a decade of the rosary, you say ten Hail Mary's - one for each bead. At the start and end of the decade, there is a bigger bead at the start - it is used to say an Our Father and at the end of the decade to say a Glory Be.

## What?

The Rosary is a set of prayers said in a certain order and is often said by using a set of rosary beads. Each bead represents a different prayer said.

## Why?

The Rosary helps us to reflect on the life of Christ. When Mary appeared to St Dominic, she encouraged people to pray the Rosary. Scan the barcode to find out more!

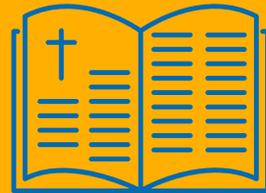


# LECTIO DIVINA

*How?*

*What?*

Lectio Divina translates to "Divine reading" and is a way in which we can grow closer to God through the Bible. It involves taking a piece of Scripture and reflecting on it. This helps us to deepen our Faith by understanding the message of the passage and how it impacts our lives.



## STEP ONE - READ

Read through the scripture twice. Let the words sink in. What do you think it is telling us?

## STEP TWO - MEDITATE

After listening to the reading twice, what phrase or word sticks out to you?

## STEP THREE - CONTEMPLATE

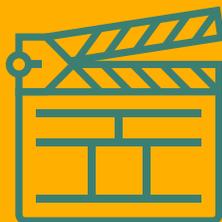
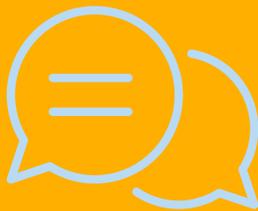
Have a conversation with God. What does he want us to take away from this text? How can we relate this to our lives?

## STEP FOUR - DISCUSS

Discuss with those around you what stands out to you. What is the meaning behind the scripture?

## STEP FIVE - ACTION

Go out and live God's word, if you're ever unsure go back and read the text again.



# DAILY EXAMEN

## What?

The daily examen is a way of praying that comes from St Ignatius of Loyola. St. Ignatius thought that the Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible. Its a reflective prayer that challenges us to look back on our day and look forward to tomorrow - we should try and pray this everyday!

## How?

### STEP ONE

Make the sign of the cross. Take a moment to be still, to be calm and to try and empty your mind of all thoughts. focus on being in the presence of god.



### STEP TWO

Ask the Holy Spirit to guide you through the day. What have been the high points, the low points. What emotions have you felt, what stands out from the past week.



### STEP THREE

What have been the highlights of your week. What things have gone well. Who has made you smile. What have you achieved. Take a moment to thank God for these things.



### STEP FOUR

Have there been moments this week where you haven't been your best. Moments where you have not acted in the right way or treated people badly. Recognise these moments and ask god for forgiveness.

### STEP FIVE

Look ahead to tomorrow - what excites you, what fills you with hope. each week and each day is a blessing from God. Look ahead with a heart full of hope. Offer this reflection to God in prayer



# JOURNALING

## *What and How?*

Journaling is a creative way to pray. It is a time to sit with God and listen to what He is telling you and to then get these thoughts down onto paper. Journaling could be writing how you feel, doodling, drawing or a mix of everything.

**Here are some questions to get you started!**

How does the piece of scripture make you feel?

Does it bring any imagery to mind?

Is there a particular word or phrase that sticks out to you?

TOP TIP - Don't worry about your journal being 'perfect' - Remember its personal to you and a time of prayer, not an art class.



A good place to start is with a piece of scripture here are some suggestions . . .



Matthew 6:25-34

Philippians 4:6-7

Proverbs 3:5-8

Jeremiah 29:11-14

Deuteronomy 31:6

Joshua 1:9

2 Samuel 10:12

Romans 15:5-7

Psalms 139

1 Timothy 4:12

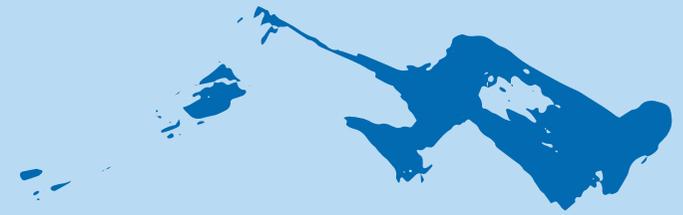
# THE SAINTS

*Who?*

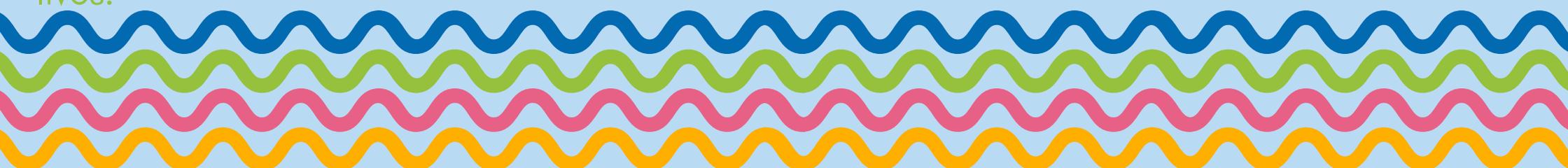
A Saint is someone who we believe is with God in Heaven. They have led lives which can inspire and encourage us on our journey of faith.

Every Saint has their own story but what unites them is their faith in God. We are all called to believe in God and to live a faith filled life. We are all called to be Saints.

We ask the Saints to pray for us when we face challenges or find ourselves in certain situations. When a Catholic makes the sacrament of Confirmation, they choose a Saint to be their patron, to watch over them and pray for them throughout their lives.



Saints are often named patron of a place or a thing - this is often related to a part of their life. For example, St Joseph is the patron saint of woodworkers because he was a carpenter. To learn more about the saints and their stories, check out our YouTube Channel.



# PRA YING WITH MUSIC

## What?

Throughout the Bible we hear many instances of God calling people through song. In fact, the book of Psalms was written with the intention of being sung. Today, we continue this tradition by singing hymns, singing parts of the mass and music in our own personal prayer.



We made you a  
playlist to get you  
started!



## How?

The first step usually involves finding a song. This can be quite an overwhelming experience as there are thousands of praise and worship songs out there. It's important you find a song that's right for you as like normal music not all songs will be to your taste. Often praise and worship music can be repetitive, try and listen to the message which God is calling you to hear!



# USEFUL LINKS



SUBSCRIBE TO OUR CHANNEL  
Chaplaincy At Wiseman



The Hallow App and Website  
<https://hallow.com/how-to-pray/>



The Online Bible – The Bible Society  
<https://www.biblesociety.org.uk/>



Help with Journaling – The Faith Space  
<https://thefaithspace.com/spiritual-journaling-prompts/>



What is faith? – The Thomistic Institute  
<https://www.youtube.com/watch?v=2z4wKCsD59Q>



# ANY QUESTIONS?

Email – [chaplaincy.cw@romeromac.com](mailto:chaplaincy.cw@romeromac.com)

Or visit Tom and Beth in the Chapel.

