

Sacred Heart Catholic Church

FIDE

Heart & Soul

Monthly Catechetical Resource

Prayer

Issue 1 | August 2022 | Vol.1



TABLE OF CONTENTS

<u>Introduction</u>	3
<u>What is Prayer</u>	4
<u>Different Types of Prayer</u>	5
<u>Prayer with Scripture</u>	6
<u>How to Start Praying</u>	7
<u>Resources for how to Pray</u>	8
<u>Prayer Resources</u>	8-9
<u>Feasts Day Celebrations</u>	10
<u>Events in August</u>	11

Introduction

Welcome to our first *Heart & Soul: Monthly Catechetical Resource!* We at Sacred Heart are excited to begin this new endeavor of bringing the Catholic faith back to the home. In recognition of our responsibility to assist our parishioners in their journey of faith, we will be providing these booklets every month to help you along the way! These booklets are intended for adults, but will include resources suitable for children of all ages. Each month will have its own topic to focus on. Within the booklet, there will be explanations of the topic, resources to help you deepen your knowledge of the topic, events that will help you live out the topic, and more! With the *Heart & Soul: Monthly Catechetical Resource*, the goal is to grow deeper in our own faith, embrace the faith as a family, and strengthen the faith of our community.

That being said, in the month of August our endeavor to grow deeper in our Catholic faith will be focused on prayer. Prayer is essential to the Christian life and, therefore, deserves a great amount of our attention. During this month, we will learn what prayer is, why we do it, and how we do it. We will also be introduced to different forms and styles of Catholic prayer, as well as how to pray with your family. The hope is that by the end of the month, you will find a prayer routine that works for you and your family and will help you deepen your relationship with God.



What is Prayer?

Prayer as understood by the Catholic Church

The Catechism of the Catholic Church tells us that, "Prayer is the raising of one's mind and heart to God or the requesting of good things from God... The wonder of prayer is revealed beside the well where we come seeking water: there, Christ comes to meet every human being. It is he who first seeks us and asks us for a drink. Jesus thirsts; his asking arises from the depths of God's desire for us. Whether we realize it or not, prayer is the encounter of God's thirst with ours. God thirsts that we may thirst for him" (CCC 2559-2560). God desires to form a relationship with us. Our response to that invitation is prayer.

Purpose of Prayer

Prayer has a twofold purpose

1. The Worship and Praise of God
2. To form and foster a relationship with God

Prayer must be the center of the Christian life in order to form a loving relationship with God, and to give what is rightfully due to Him as our Father and Creator.



What Saints have to Say about Prayer

"Prayer is an aspiration of the heart, it is a simple glance directed to heaven, it is a cry of gratitude and love in the midst of trial as well as joy; finally, it is something great, supernatural, which expands my soul and unites me to Jesus."

--St. Therese of Lisieux

"Prayer is the place of refuge for every worry, a foundation for cheerfulness, a source of constant happiness, a protection against sadness."

--St. John Chrysostom

"Prayer is the inner bath of love into which the soul plunges itself."

--St. John Vianney

"Mental prayer is nothing else but being on terms of friendship with God, frequently conversing in secret with Him."

--St. Teresa of Avila

Types of Prayer

What are the Different Types of Prayer?

It is commonly understood that there are three types of prayer:

1. Personal Prayer
2. Liturgical Prayer
3. Communal/Family Prayer

Personal Prayer

Personal prayer is the prayer of an individual. It is the way in which an individual person works on and fosters their relationship with God. Cardinal Francis Arinze says in his article, [On the Importance of Personal Prayer in Christian Life](#), that, “Personal prayer helps to make our religion more genuine, more personal, more deeply rooted. It favors our union with God. It comes to our aid in the little pinpricks of daily life as well as in temptations and trials which can never be totally excluded during our earthly pilgrimage.” Personal prayer can be done out loud, in silence, or simply reading prayers from a prayer book or Sacred Scripture. It is the goal of the individual to learn to “pray without ceasing” (Thess. 5:17). St. Benedict learned how to do this by applying his monastic motto *Ora et Labora* (prayer and work). While praying directly to God with words and in silence is necessary in forming a relationship with God, offering your work as prayer can also be a way to implement personal prayer.

Liturgical Prayer

Liturgical prayers are prayers of the Church. We see liturgical prayers in the Mass, the Sacraments, the Divine Office, etc. Fr. Charles Grondin answers the question, [What is Liturgical Prayer?](#) in saying, “They [liturgical prayers] differ from private prayers in that they are not the intention of any one person or group but are the prayers of the Church as a whole. As such they should not be altered by the presider since they do not belong to him.” Thus, liturgical prayers are preserved by the Church to unite us as the Body of Christ and draw us closer to God in holiness.

Communal/Family Prayer

Communal prayers are prayers that can be done with a group (i.e. The Rosary, devotions, prayers before meals, etc). With communal prayers, we draw closer as members of the Body of Christ. Our common desire to grow in a loving relationship with God allows a loving relationship to grow with our neighbor. For this reason, it is important that families and friends participate in communal prayer together. Since love is what holds a community and a family together it is important that the community and family together seek a relationship with He who is love and the source of love.



Scripture and Prayer

It is a common misconception to think that Sacred Scripture is a book written a long time ago about the life of Jesus and His Apostles and does not apply to us today. However, this belief cannot be further from the truth. The Catechism of the Catholic Church tells us that, “Still, the Christian faith is not a ‘religion of the book.’ Christianity is the religion of the ‘Word’ of God, a word which is ‘not a written and mute word, but the Word which is incarnate and living’” (CCC 108). Scripture is not something written for a certain group of people a long time ago, rather, it is the living Word of God. God speaks to us through Scripture in the present. By praying with Scripture we are able to respond to God speaking to us. Praying with Scripture can be both a personal and communal form of prayer, though we also experience it throughout liturgical prayer. One way to practice praying with Scripture to hear God’s Word is through the practice *Lectio Divina*.

What is *Lectio Divina*?

Lectio Divina is a form of praying with Scripture that finds its origins in the early centuries of the Church. It was became popularized later on by St. Benedict who made it a common practice in his monasteries. *Lectio Divina* is broken up into 4 steps:

1. ***Lectio*** (read)- a slow and reflective reading of a passage in Scripture.
2. ***Meditatio*** (meditation)- slowly read again and reflect on what it is God is trying to say to you
3. ***Oratio*** (prayer)- praying to God about the passage
4. ***Contemplatio*** (contemplation)- silently contemplate and allow the Holy Spirit to speak to you.

More information on Lectio Divina in the resource section on page 9.

*“I call on you, my God,
for you will answer me;
turn your ear to me and
hear my prayer.”*

Ps. 17: 6

How to Start Praying

If you are just starting to pray or trying to increase your prayer life, it is important to start small. Often we look at great saints and personal role models in our life and try to mimic their mature prayer life and end up failing. Prayer takes time and patience in order for it to mature. The common example used is lifting weights. If you want to bench press 200lbs, you first have to start with 75lbs. It is the same with prayer life. If you want to get to the point where you are praying the whole Liturgy of the Hours, you need to start with an Our Father. Yes, the goal is to pray like the saints, but even the saints needed to start small.

Another thing to remember is that prayer is suppose to lead us into relationship with God. If we are choosing to do rigorous prayers because everyone else is doing it and we are not growing deeper in our relationship with God, then we are doing something wrong. Prayer must always be directed toward drawing closer to God. One way (and the best way) to grow deeper in prayer is to ask for the intercession of Our Blessed Mother, Mary. No one is closer to Christ than His Mother. Therefore, we ought to turn to Her so She can help us draw closer to Him. Likewise, Jesus Himself gave us His mother, the least we can do is go to Her for help and guidance in our prayer life.

There is more information on how to start praying in the resource section on page 8.



Resources on How to Pray

Resources for Personal Prayer as an Adult:

- [Fr. Mike Schmitz, “Tips for Prayer”](#)
- [Fr. Mike Schmitz, “Unceasing Prayer”](#)
- [Fr. Mark Mary on “How to Pray from the Heart”](#)
- [Carlos Overstreet \(Veritas\) on “Forming a Rule of Prayer”](#)
- [FORMED: Father John Lanzrath and Joe Farris on Prayer](#)
- [FORMED: Peter Kreeft, *Prayer for Beginners*](#)
- [FORMED: Jason Simon on “Intercessory Prayer”](#)
- [Raoul Plus, S.J., *How to Pray Always*](#)
- [Fr. Benedict Groeschel– *Contemplative Prayer*](#)

How to Pray with Young Children

- [FORMED: David Clayton & Leila Lawler, *The Little Oratory*](#)
- [Jackie and Bobby, “How to Get Kids to Pray.” \(*Ascension Presents*\)](#)
- [Loyola Press on Praying With Children](#)
- [Hallow on How to Pray with Young Kids](#)
- [FORMED: Heather Johnson, “Prayer” \(focus on prayer with young children\)](#)

How to Pray with Middle School Aged Kids

- [Tips on how to pray with middle school aged kids](#)
- [Ascension Presents– Tips on how to Pray with Scripture with your kids](#)
- [Heather Johnson– Prayers for Kids](#)

How to Pray with Teens

- [National Catholic Register on “How to Pray with and for Your Teens”](#)
- [Bishop Barron on Leading by Example as Parents](#) (applies to prayer especially with teens)
- [Brian Holdsworth on Praying as a Family](#) (Brian’s advice can work well with teens)

Additional Resources for Family Prayer in General

- [Dominican Sisters of Saint Cecilia Congregation’s, *A Short Guide to Praying as a Family*](#)

Why pray to Mary?

- [Why pray to Mary- Catholic Answers](#)
- [Why devotion to Mary?](#)
- [Christopher West on why we pray to Mary](#)

The Church and Prayer

- [Catechism of the Catholic Church on Prayer](#)
- [Pope Benedict XVI on Prayer](#)
- [St. John Chrysostom on Prayer](#)

Personal Prayers/Devotions

Prayer Resources

- [Fr. Mike Schmitz on Mental Prayer/ Talking to God](#)
- [“Catholic Book of Prayer”](#)
- [List of Catholic Prayers](#)
- [How to pray the Rosary](#)
- [The Jesus Prayer \(what it is and how to pray it\)](#)
- [FORMED: List of Novenas](#)
- [A Prayer Book of Catholic Devotions](#)
- [St. Ignatius Spiritual Exercise](#)

Liturgical Prayers

- [Mass Responses and Prayers](#) (Good to look at prior to Mass especially if you have kids)
- [Liturgy of the Hours \(Online\)](#)
- [Hard Copy Liturgy of the Hours](#)
- [Word on Fire Liturgy of the Hours Subscription](#)

Prayers for Young Children/ Middle school aged kids

- [10 Prayers all Catholic Children should Know- Heather Johnson](#)
- [Rosary Coloring Book](#)
- [Everyday Prayer Coloring Book](#)
- [The Rosary Activity Book](#)
- [Loyola Press Resources for Children's Prayers](#)
- [Catholic Baby's First Prayer Book \(Board Book\)](#)
- [Catholic Book of Prayers for Children](#)

Prayers for Teenagers

- The Personal Prayers can Apply to Teens, however, providing a teen their own prayer book can help them take ownership in prayer.
- [Daily Companion for Young Catholics](#)
- [The Catholic Youth Prayer Book](#)

Further *Lectio Divina* Explanations

- [Fr. Mike Schmitz on Lectio Divina](#)
- [Hallow on Lectio Divina \(There is a Hallow app as well\)](#)
- [How to Do Lectio Divina- Whitney Hetzel](#)

Tips for Prayer as a Family

- Pick one day a week to sit down as a family without technology and say a prayer before your meal and enjoy each other's company.
- Once a week say a decade of the Rosary as a family (You can also do the whole Rosary if your family is up for it).
- It's OKAY not to pray the Rosary. There is nothing wrong with choosing different forms of prayer for your family or even for yourself.
- Pray the Our Father, Hail Mary and Glory Be as a family before going to bed.
- Pray morning, afternoon and evening prayers and try to do at least one of those as a family.
- Have each member of your family pray for special intentions out loud (i.e. family members, friends, struggles, etc.).
- Have a prayer corner or wall with Sacred Art (Icons, statues, prayer cards, etc.). Visual images assist in prayer and ignite reverence.
- Go to Adoration as a family.
- Do a *Lectio Divina* as a family or simply read Scripture and ask your kids questions.

Feast Day Celebrations

Not all feast days of this month will be listed, but if your patron saint is celebrated this month it is encouraged that you celebrate it. If you need assistance in knowing how to celebrate a feast day contact the Director of Evangelization, EJ Cerdeiras (ecerdeiras@shcatholic.org)

- **August 4– St. John Vianney**
 - [Read story of St. John Vianney](#)
 - Write a thank you letter to your parish priest
- **August 5- Transfiguration of Our Lord**
 - Matthew 17:1-13
 - Traditional to wear white
 - [Traditional to eat fruits or bake fruit pies.](#)
- **August 15- The Assumption of the Blessed Virgin Mary**
 - [Story of the Assumption](#)
 - Traditional to crown a statue of Mary with flowers.
- **August 24th St. Bartholomew- The Apostle**
 - [Story of St. Bartholomew](#)
 - [Additional Stories of St. Bartholomew/actives](#)
- **August 28– St. Augustine of Hippo**
 - [Story of St. Augustine](#)
 - As a family pray for St. Augustine to intercede for a family member or friend struggling with their spiritual life.



Parish Events in August

August 5-6th

Eucharistic Congress

- [Eucharistic Congress– Charlotte](#)

August 6th

Wednesdays of August

Mass/Adoration/Confession

- Mass starts at 5:15, followed by adoration and confession

August 17th

Wednesday FIDE Night (6:30pm)

- *FIDE* gathering time. Meet with your SAPs, the Director of Evangelization (EJ), and/or other families during this time to discuss, share ideas, or just enjoy each other's company. This is an open door event, so come when you and leave when you must.

August 1st and August 22nd

Podcasts on Prayer

- Video podcasts on prayer will be released every other week starting on Aug. 1st. These podcasts can be found on youtube and our facebook page. All podcasts will be directed toward adults, but will be kid friendly as well.

August 14th

***Open Hour with Director
of Evangelization (After 8am Mass)***

- Talk to Director of Evangelization (EJ) about anything regarding theology, spirituality, or philosophy. Location will be in the cafeteria.

August 25th

Catechism Series (3:30pm)

- Fr. Eckert and Michael Becker discuss a section of the Catechism of the Catholic Church (live on FB and YouTube at 3:30pm)

What to Expect in September

Heart & Soul* Topic for September: *Baptism

- What is Baptism?
- What does it mean that Baptism is necessary for salvation?
- What are the symbols of Baptism? Why they are important?
- Resources on Baptism
- And more!

Events in September

- First Saturday: September 3rd
- Every Wednesday in September: Mass/Adoration/Confession starting with Mass at 5:15pm.
- Wednesday *FIDE* Night: September 14th@6:30pm
- Podcasts Discussing Baptism: September 5th and September 26th
- Open Hour with Director of Evangelization: September 18th after 8am Mass
- Catechism Series: September 29th @3:30pm

For more information, and to access hyperlinks, scan the QR code on the bottom right, or follow the instructions below to get access on our website:

salisburycatholic.org → Sacraments → *FIDE* → *Heart and Soul: Monthly Catechetical Resource*



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