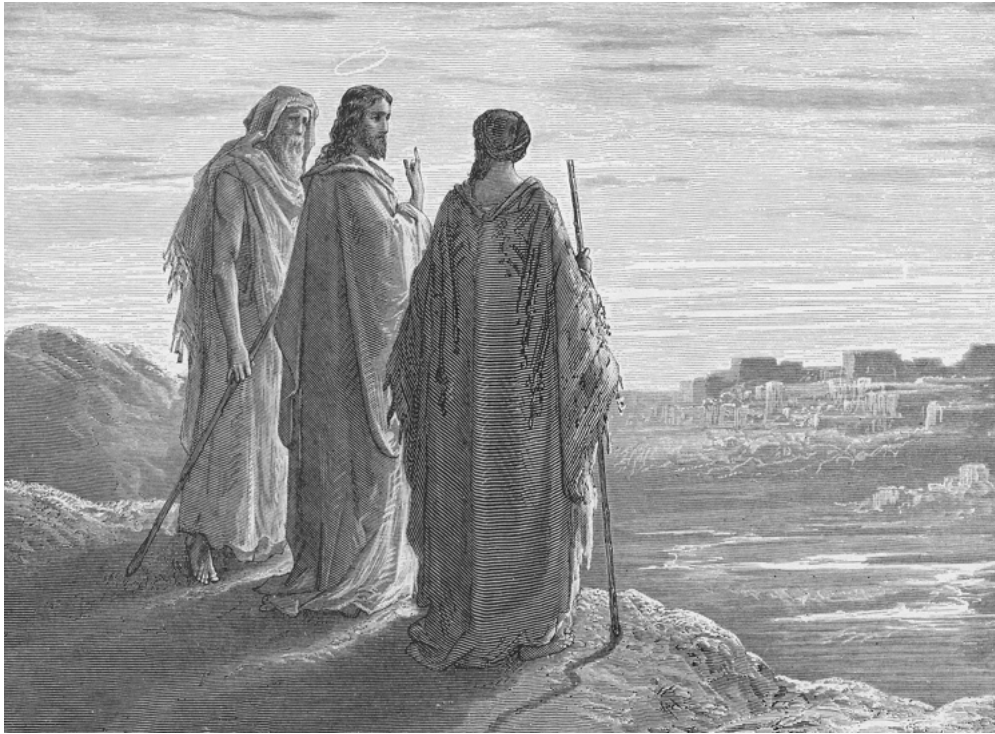


Plan of Life for Prayer



Daily Walk with Christ

These are suggestions and a beginning not a law written in stone. If followed sincerely they will bring you closer to God. Feel free to modify and add practices. Remember that these are not mere things to accomplish, but each is an encounter with our loving Father.

Daily:

1. Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.

2. Scripture Reading and Spiritual Reading

Take about 15 minutes: 5 for Scripture and 10 for the Spiritual Reading. It is good to do this at the beginning of the day so that you can meditate on what you read throughout the day.

3. Mediation time/Mental prayer.

Try to have a goal to set some silent time aside to be with the Lord. You can use what you read in Scripture or other writings as a source for meditation. You can also

take this time to speak with God about your life and ask His help. If possible we should try to do this before the Blessed Sacrament or before an image of Our Lord, especially the Crucifix. Here are some prayers to say at the beginning and at the end of this time of prayer:

(Opening) *My Lord and my God, I firmly believe that You are here, that You see me and that You hear me. I adore You with profound reverence, I ask Your pardon for my sins, and the grace to make this time of prayer fruitful. My Immaculate Mother, St. Joseph, my father and lord, my Guardian Angel, intercede for me.*

(Closing) *I thank You my God for the good resolutions, affections, and inspirations which You have given to me in this time of prayer. I ask Your help to put them into effect. My Immaculate Mother, St. Joseph, my father and lord, my Guardian Angel, intercede for me.*

4. Rosary

This can be done during some quiet time or during your commute or on a walk. It is great to do it as a couple or family.

5. Practice of the Presence of God

Make a habit throughout the day of turning our eyes toward God. We can fix certain times of day or places to trigger these prayers. The idea behind this type of prayer is that God is always with us and we need only take note of Him. Be creative in this effort.

6. Prayer before Bed

-Examination of Conscience followed by an act of Contrition or other short prayer

-3 Hail Mary's

-An Act of Entrustment to God:

My Lord and My God; into Your hands I abandon the past and the present and future, what is small and what is great, what amounts to a little and what amounts to a lot, things temporal and things eternal.

Weekly and Other Practices

-Sunday Mass and Holy Days of Obligation

-Visits to the Blessed Sacrament in a Church or Chapel

-Frequent Confession (at least monthly)

-Pilgrimages to Holy sights