

## Dear Friend in Christ,

We are very excited to provide you with an initiative entitled “**Going Deeper in Prayer.**” The essence of this initiative is to pray a specific prayer each day, while deepening your understanding of the words and underlying principles. Praying Psalm 23 each day allows for an encounter with Jesus, leading to conversation with Him that becomes more personal.

Isn't it true that each of us needs to become more committed to speaking with Our Lord on a daily basis? Taking time for prayer each day in order to develop a relationship with Jesus is the path to interior peace and true happiness (joy).

The Psalm 23 prayer card can be downloaded from the website and inserted into a plastic sleeve to protect it. Go to [diolc.org/deeper](http://diolc.org/deeper)



## Resources for *Psalm 23*

The following **Resources** are also provided at [diolc.org/deeper](http://diolc.org/deeper) for use in helping you to go deeper in your understanding of *Psalm 23*:

- A simple introduction about God's love
- The goals for praying this prayer each day
- The meaning of the words of the prayer
- Learning the Principles
- Activities to help remember and understand the words, taking them to a personal level
- Spiritual Comprehension
- Encountering God in Prayer
- The Scriptural Foundation of the words of the prayer
- Resources
- Two translations of Psalm 23

## The following truths underlie any formation in prayer:

1. *The Person of Christ desires that you develop a friendship with Him.* This relationship is prayer. It is necessary to learn about Jesus, but even more importantly, you must encounter and develop a friendship with the Person of Christ in personal and communal prayer.

2. *It is also necessary to learn how to pray.* “Like a wise teacher Jesus takes hold of you where you are and leads you progressively toward the Father.” (CCC 2607). *Jesus will teach you how to pray!*
3. *The Holy Spirit dwells within you and guides you in prayer!* “The Holy Spirit is the interior Master of Christian prayer” (CCC 2672). The Holy Spirit will help and guide you to develop/deepen your daily habit of prayer. If you ask, He will even give you the desire to pray.

