

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 the *Our Father* for a whole year will allow it to become very personal and a place of encounter with Our Lord for each person who is praying with it.

Isn't it true that each of us needs to become more committed to speaking with our Heavenly Father on a daily basis? Being intentional about choosing a time for prayer each day and then being dedicated in order to deepen your relationship with Jesus is the path to true happiness (joy) and peace.



The Blessed Trinity with Biblical images of the Father portrayed as a grandfather and the Holy Spirit as a dove; with Jesus – the Risen Savior – surrounded by Mary, St. John the Baptist, and the Apostles.

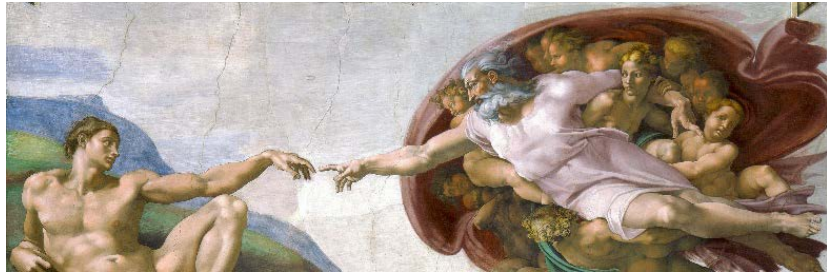
The Our Father prayer card and resources can be downloaded from the website and inserted into a plastic sleeve to protect it. Go to www.diolc.org/deeper

The following **Resources** are provided online to help you to go deeper in your understanding of the **Our Father**: <http://diolc.org/prayer/>

- A simple introduction about God's love
- The goals for praying this prayer each day
- The meaning of the words of the prayer
- The Principles underlying the prayer
- Activities to help students remember the words
- Spiritual Comprehension: Do they understand?
- Encountering God in Prayer
- The Scriptural Foundation of the words of the prayer
- Resources

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 want to encounter and develop a friendship with the Person of Christ through 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.



The creation of Adam, with the portrayal of Eve as still in the mind of God

Learning about our Heavenly Father in an ongoing way, being committed to speaking with and listening to Him on a daily basis and receiving the Sacraments are needed in order to be strengthened to love God and our neighbor. This is the way to happiness – interior peace and true joy.