

## My Prayer Time

This time of prayer focuses on the *Our Father*, also known as The Lord’s Prayer. Pray the *Our Father* two times: the first time for understanding, the second time from the heart.

Follow the steps that are listed below.



*God our Heavenly Father created us out of love, in His image and likeness.*

Begin your prayer with the *Sign of the Cross*.

The *Sign of the Cross* affirms our belief in the three Persons of the Triune God and that we are saved by Jesus’ death on the cross.

### ***Sign of the Cross***

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

(Pray together aloud when praying with others)

Heavenly Father, please give me the grace to quiet down inside so as to become aware of Your love for me. Heavenly Father, I want to spend this time with You. Help me to give You my full attention & to pray from my heart.

### ***Our Father***

**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 in to temptation but deliver us from evil. Amen.**

- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **PRAY** the *Our Father* a second time, silently from the heart, more slowly than the first time.
- **CHOOSE** a word or phrase from the Prayer that stood out for you. Silently think about it, speak with God about it, (and share it aloud with those with whom you are praying.)
- **THANK** our Heavenly Father in your own words for a blessing received. (Share this aloud.)
- **ASK** the Lord for any request that is in your heart. (Share this aloud.)

**Close this time of prayer with the Sign of the Cross**



Dear Friend in Christ,

Our Heavenly Father wants you to get to know Him by spending time with Him. As you spend time with Him in conversation (in prayer) on a daily basis, you will realize more and more how much He loves you. Our Father knows everything about you and “delights in you” because He created you in His image and you belong to Him as a child of God. (Psalm 18:19)

Why pray the *Our Father* daily?

Jesus gave us this prayer so that we could know how to approach and address our Heavenly Father. Jesus also wanted us to experience peace by asking the Father for everything that we need. He knows the most important things in life that will bring us true joy and peace and He is continually faithful. As we speak with our Heavenly Father each day in prayer, we will come to recognize more and more how much He loves us and find peace and calm in the midst of life’s difficulties.

To be consistent, it is essential to choose a specific time that best fits your family life, such as at a meal time, in the morning, in the evening, at bedtime.

It is helpful to have a picture or statue of our Heavenly Father or the Blessed Trinity or Jesus to remain focused on Him during prayer time. It is recommended that you kneel (next to your bed or at a chair, if you can) while you pray.

It is not uncommon to experience **distractions** during prayer. It is important not to follow the distraction, but as you notice it, simply turn back to the prayer at hand. If the same distraction keeps returning, it could be something you will want to talk about with our Heavenly Father.

When we pray for something, we can trust that God will answer every prayer in a way that is best for us. Remember, sometimes the answer will be “yes,” sometimes the answer will be “no,” and sometimes the answer will be “not now, but later” as God’s timing is perfect.

The first letter of the five bulleted, bolded words on the other side, under the words of the *Our Father*, are EPCTA, which can stand for “Every Prayer Counts To Almighty God.” This mnemonic device (EPCTA) helps for remembering the steps.

For further resources on this prayer, *which will help you to go deeper in your relationship with our Heavenly Father*, visit this site: [www.dioc.org/prayer/](http://www.dioc.org/prayer/)