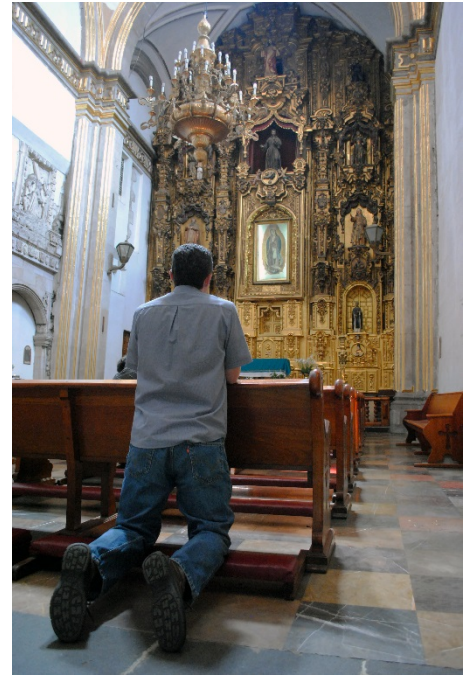


## Dear Friend in Christ,

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 *Examination of Conscience* and *Act of Contrition* for a whole year will allow it to become very personal and a place of encounter with Our Lord.

Isn't it true that each of us needs to become more committed to speaking with Our Lord 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 *Examination of Conscience and Act of Contrition 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 the Act of Contrition:

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

- 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 the words
- Spiritual Comprehension: do they understand
- Encountering God in Prayer
- The Scriptural Foundation of the words of the prayer

### 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.

