

Prayer Time with Jesus

This time of prayer focuses on the *Apostles’ Creed*, the foundational Truths of the Catholic Faith. With these Truths in our heart, we will come to know Jesus better personally and become more disposed to trust Him in everyday life. Follow the steps that are listed below.



The Persons of the Blessed Trinity were revealed at Jesus’ baptism, when the voice of the Father was heard (pictured as a grandfather in the artwork) and the Holy Spirit was symbolized by the dove. (Matthew 3:16-17)

Begin your prayer time with the *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)

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

The Apostles’ Creed

I believe in God, the Father Almighty, Creator of Heaven and earth.

And in Jesus Christ, His only Son, our Lord,

**Who was conceived by the Holy Spirit, born of the Virgin Mary,
suffered under Pontius Pilate, was crucified, died and was buried.**

He descended into hell. The third day He rose again from the dead.

**He ascended into Heaven, and is seated at the right hand of God the Father Almighty. From
thence He shall come to judge the living and the dead.**

**I believe in the Holy Spirit, the holy, catholic Church, the communion of saints,
the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.**

- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **PRAY** the *Apostles’ Creed* 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,

Thank you for your commitment to daily prayer. The grace that you are praying for in the first part, that of asking Jesus for the grace of a deeper experience of His personal love for you, is essential to developing a true relationship with Him. As you experience this love in any way, write it down. Thank Jesus for this blessing in your life.

Learning about God needs to be accompanied by daily prayer so that you will develop and grow in personal friendship with Him. This friendship with Jesus in turn strengthens you as you walk the path to greater charity. As you speak with Jesus each day in prayer, you will come to recognize more and more how much He loves you and find **peace** and **calm** in the midst of life’s difficulties.

Why pray this prayer daily?

In praying the *Apostles’ Creed* each day, you will realize better how much God loves you by giving you a summary of everything He has done for you.

- God the Father created us for a friendship with Himself. He knows each of us by name.
- Our friendship is broken through sin.
- Jesus restores our friendship by giving His life for us through His Death and Resurrection.
- We respond to Christ by speaking with Him in prayer each day and inviting Him to be at the center of our lives.
- We can trust Jesus. He only wants what is best for us. We want to follow Him.

When to pray...

To be consistent, it is essential to choose a specific time that best fits your schedule, such as at a meal time, in the morning, at bedtime. It is helpful to have a picture or statue of Jesus to help stay focused on Him during prayer time. It is suggested that you kneel, if possible, (next to your bed or at a chair) 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 Jesus.

When you pray for something, you can trust that God will answer every prayer in a way that is best for you. 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 page 1 under the words of the *Apostles’ Creed* are EPCTA, which stands for “**E**very **P**raye**R** **C**ounts **T**o **A**lmighty **G**od.” This helps for remembering the steps.

For further downloadable resources, including an explanation of the words of the *Apostles’ Creed*, why you will want to pray this prayer every day, and the Scriptural basis, go to www.diolc.org/deeper