

## 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. Reflecting on one of the Mysteries of the Rosary and praying one *Our Father* and ten *Hail Mary’s* 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 Jesus 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 interior peace.

The *Mysteries of the Rosary* prayer card can be downloaded from the website and inserted into a plastic sleeve to protect it. Go to <https://diolc.org/deeper> and click on **Going Deeper in Prayer.**



*First Joyful Mystery: The angel announces to Mary that she will conceive and bear a Son. His Name will be Jesus.*

### Resources for the *Mysteries of the Rosary*:

The following **Resources** are also provided for use in helping you to go deeper in your understanding of the *Mysteries of the Rosary*: <https://diolc.org/deeper> and click on **Going Deeper in Prayer.**

- 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 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 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.



First Sorrowful Mystery  
The Agony of Jesus in the Garden  
Jesus prays in the Garden for each one of us, while the Apostles fell asleep.