

Dear Friend

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 the underlying principles. Praying the *Sign of the Cross* 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 Our Lord on a daily basis? Taking time for prayer each day in order to develop a relationship with Jesus is the path to interior peace and true happiness (joy).

The *Sign of the Cross* prayer card can be downloaded from the website and inserted into a plastic sleeve to protect it. Go to diolc.org/deeper



The Blessed Trinity revealed at Jesus’ Baptism with the Father’s voice, and the dove revealing the presence of the Person of the Holy Spirit

Resources for the *Sign of the Cross*

The following **Resources** are provided for use in helping you to go deeper in your understanding of the *Sign of the Cross*:

- 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 and understand the words, taking them to a personal level
- Spiritual Comprehension
- 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.



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