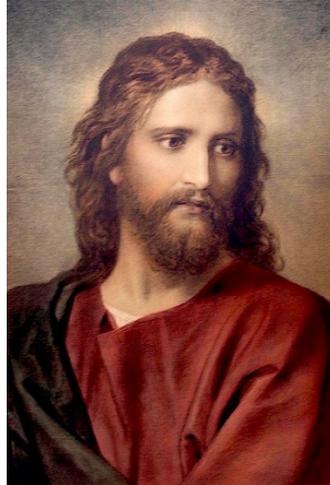


## Spending Time in Prayer

This time of prayer focuses on the *Sign of the Cross*. We always begin and end our time of prayer with the *Sign of the Cross*. Praying the *Sign of the Cross* will help us remember that Jesus is close to us. Follow the steps that are listed below.



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. The words “In the name of” means that we are placing ourselves under the power and authority of the name of the Father, Son and Holy Spirit. A related prayer to the *Sign of the Cross* is the *Glory Be*. “Glory” means praise and honor. We praise God because He is all good, and for all His goodness to us.

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

(pray together aloud when praying with others)

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

Jesus, please give me the grace to quiet down 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 and to pray from my heart. Praise Jesus using one of His names: my Savior, Good Shepherd, Lamb of God, my Helper.

### ***Glory Be***

**Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning is now, and ever shall be, world without end. Amen.**

- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **PRAY** the *Sign of the Cross* and the *Glory Be* a second time, more slowly and from the heart.
- **CHOOSE** a word or phrase from the Prayer that stood out for you. Silently think about it, speak with Jesus about it, (and share it aloud with those with whom you are praying.)
- **THANK** Jesus 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 your prayer time with the *Sign of the Cross***

**Dear Friend in Christ,**

Jesus 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)

Learning about Jesus needs to be accompanied by daily prayer in the home in order for you to develop and grow in a personal friendship with Him. This relationship with Jesus in turn strengthens you on the true path to happiness. Praying and focusing on the *Sign of the Cross* will help you to come to know, in a deeper way, the three Persons of the Blessed Trinity: God the Father, God the Son and God the Holy Spirit. When you make the *Sign of the Cross* at the beginning and end of your time of prayer, you are telling Jesus you believe in Him, and you are offering your prayers to Him. Praying the *Sign of the Cross* reminds you that Jesus is very close to you.

**Why pray the *Sign of the Cross* daily?** The Father sent His Son – Jesus – to die on the Cross for each person so that your sins could be forgiven and you could become adopted children of God. Making the *Sign of the Cross* and praying in the name of the Father, Son and Holy Spirit will remind you of God’s incredible love for you and every person. You make the *Sign of the Cross* by:

- 1) touching your forehead and praying “in the name of the Father”,
- 2) then touching your chest (near our heart) praying “and of the Son”,
- 3) then touching your left and right shoulders praying “and of the Holy Spirit. Amen.” (and then folding our hands)

To be consistent, it is essential to choose a specific time that best fits your life, such as at a meal time, in the morning, in the evening, at bedtime. It is also helpful to have a statue of 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 common 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 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 the other side, under the words of the *Sign of the Cross*, are EPCTA, which can stand for “**E**very **P**rayer **C**ounts **T**o **A**lmighty **G**od.” This mnemonic device (**EPCTA**) helps for remembering the steps.

For further downloadable resources, including an explanation of the words of the prayer, and why we begin and end prayer with the *Sign of the Cross*, visit [diolc.org/deeper](http://diolc.org/deeper)