

WAYS TO PRAY

At Our Lady
Queen of
Martyrs



Silent Prayer



Let's all be as still as stones,
and as silent as the stars.
Let's take a moment to be very quiet
inside and out,
as we listen for the voice of God,
whispering in our hearts.
This is a time to be still.
To listen in your heart,
To talk to God in silence,
Or just to sit quietly in His presence.
Let's take a few moments for our silent
prayer.



Centering Prayer



1. Choose a sacred word as a symbol of your intention to consent to God's presence and action within you. Examples include "peace," "love," "Jesus," or "amen".

2. Sit comfortably with your eyes closed, settle briefly, and then gently introduce the sacred word.

3. When thoughts arise, including sensations, feelings, memories, or external distractions, let them go and gently return to your sacred word.

4. At the end of the prayer period, remain in silence with your eyes closed for a few minutes to return to full body awareness before moving on with your day.



Praying the Psalms



Whilst listening to the Psalm, think of

P - R - A - Y

P - Praise

Look at the verse and praise God for His character, what he's doing or has done.

R - Repent

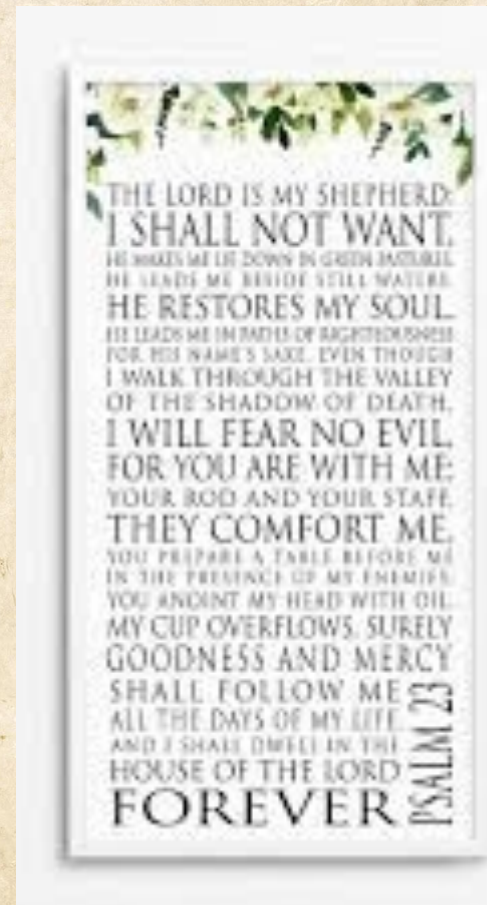
As you read over the scripture, take time to pray specifically about what He's putting on your heart to confess to Him.

A - Ask

You can use the passage to ask God for something that He is specifically putting on your heart.

Y - Yield

This is a time to yield what He is saying to you in His word. It can be a time to simply stop and listen to what He has to say to you through His word.



Prayer Walk

A simple prayer to pray, as you walk
around the community.



PRAYER OF BLESSING

(based on Numbers 6:24-26)

You: May God bless you and keep you,

Kid: May God shine on this place,

You: May you feel God's peace,

Kid: And His love and His grace.



Litanies

A litany has a call and response pattern. They are usually used as a supplication prayer



St Joseph

Pray for us

St Peter

Pray for us

St Margaret Clitherow

Pray for us

St John the Baptist

Pray for us

St Bernadette

Pray for us

St Patrick

Pray for us

St Hilda

Pray for us

St Nicholas

Pray for us

St Josephine

Pray for us

St Martin

Pray for us

St Paul Miki

Pray for us

St Catherine

Pray for us

Our Lady Queen of Martyrs

Pray for us



The Rosary

This repetitive prayer focusses our minds on aspects of the life of Jesus. These are called the Mysteries of the Rosary



The repetitive prayers are:
The Our Father
The Hail Mary (said in decades)
The Glory Be

Mysteries of the Rosary

Joyful (Monday & Saturday)

1. Annunciation
2. Visitation
3. Birth of Jesus
4. Presentation of Jesus in the Temple
5. Finding of the Child Jesus in the Temple

Glorious (Wednesday & Sunday)

1. Resurrection of Jesus from the Tomb
2. Ascension of Jesus into Heaven
3. Descent of Holy Spirit at Pentecost
4. Assumption of Mary, Body and Soul, into Heaven
5. Coronation of Mary as Queen of Heaven and Earth

Sorrowful (Tuesday & Friday)

1. Agony in the Garden
2. Scourging at the Pillar
3. Crowning with Thorns
4. Carrying of the Cross
5. Crucifixion

Luminous (Thursday)

1. Baptism of Jesus in the Jordan
2. Wedding at Cana
3. Proclamation of the Kingdom of God
4. Transfiguration
5. Institution of the Holy Eucharist



Visio Divina

This contemplative prayer is a way of opening our hearts to God. We invite the Holy Spirit to work within us using a piece of sacred art.



VISIO DIVINA

"Divine Seeing"

Visio Divina is a slow, prayerful examination of a work of art as a tool for lifting your heart and mind to God and His mysteries. Gaze at the image and use it as an inspiration to pray, following the same steps as Lectio Divina.

LECTIO:

Read the image- Slowly examine the content, look for details, notice what stands out to you. Work to understand the meaning or story told by the image.

MEDITATIO:

Meditate on the image- Connect to what you know about the background of the image. Imagine yourself present in the events. Consider expressions, colors, and symbolism.

ORATIO:

Pray with the image- Dialogue with God about what you see in the image and what you think. Ask Him to reveal what He wants to understand through the art.

CONTEMPLATIO:

Contemplate the image- Quietly examine the image again. Note what God taught you through your prayer with this art.



Lectio Divina

This is a meditative way of praying, using a scripture passage as a focus. It is a way of asking what God wants of us.

