

Spirit  OF
Christ
CATHOLIC COMMUNITY



March 26, 2026



Announcements

- 1) Next Class is on April 16
 - 2) Rite of Entrance Date - May 3rd -
Catechumens Only
 - 3) Invite Others if so Called
 - 4) If you haven't registered please do
 - 5) Impressions from those who went to Triduum
and Easter Vigil
-

PRAYER

A LIVING
CONVERSATION
WITH GOD



Come, Holy Spirit.

Teach us how to pray.

Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

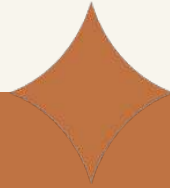
Philippians 4:6-7

Modes of Prayer

Vocal Prayer

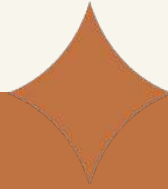
Meditative Prayer

Contemplative Prayer



How do you pray?

What are different
ways to pray?



5-in-1

Prayer Method

The Holy Spirit who teaches the Church and recalls to her all that Jesus said also instructs her in the life of prayer, inspiring new expressions of the same basic forms of prayer: blessing, petition, intercession, thanksgiving, and praise.

CCC 2644

BLESSING

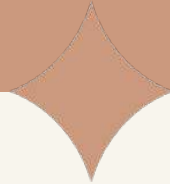
PETITION

INTERCESSION

THANKSGIVING

PRAISE

BLESSING



CCC 2645

Because God blesses the human heart, it can in return bless him who is the source of every blessing.

Blessing

Divine Praises

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most Holy.

Blessed be her Holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His Angels and in His Saints.



PETITION



Forgiveness, the quest for the Kingdom,
and every true need are objects of the
prayer of petition.

CCC 2646



Petition

Seeking forgiveness for our sins.

Answering Jesus:

What do you want me to do for you?

Mark 10:51-52: Jesus said to him in reply, “What do you want me to do for you?” The blind man replied to him, “Master, I want to see.” Jesus told him, “Go your way; your faith has saved you.” Immediately he received his sight and followed him on the way.

INTERCESSION



Prayer of intercession consists in asking on behalf of another. It knows no boundaries and extends to one's enemies.

CCC 2647

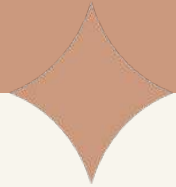


Intercession

Who prays for me?

Who needs my prayers?

THANKSGIVING



Every joy and suffering, every event and need can become the matter for thanksgiving which, sharing in that of Christ, should fill one's whole life:

"Give thanks in all circumstances"

(1 Thess 5:18). CCC 2648

Thanksgiving

What am I thankful for in my life?

What am I thankful for today?

Thanksgiving CELEBRATES the PAST.
Thanksgiving REJOICES in the PRESENT.
Thanksgiving gives HOPE for the FUTURE.

PRAISE



Prayer of praise is entirely disinterested and rises to God, lauds him, and gives him glory for his own sake, quite beyond what he has done, but simply because HE IS.

CCC 2649

Praise

Who are you a fan of?

What is so great about Him?

(Title for God) you are (Greatest/ Highest thing)

Elohim, God, Jehova, Yahweh, Lord, Adon, Adonai, I Am That I Am, I Am, Most High God, The God Of Sight, Almighty God, Everlasting God, Rock, YHWH of Hosts, YHWH will provide, I, YHWH, am your healer., YHWH is my banner, YHWH who sanctifies you, YHWH is peace, YHWH is my shepherd, YHWH our maker, YHWH our righteousness, YHWH who is there, The Name, The Great Mighty Awesome God, Father, Holy Spirit, The Spirit Of The LORD God, Holy One Of Israel, Light, Light To The Nations, Fortress, Tower Of Strength, Hiding Place, Shield, Rock Of My Strength, Stone, Cornerstone, The Portion Of My Inheritance, Branch, Crown and Diadem, Tent Peg, Bow Of Battle, Maker, Creator Of Israel, Shepherd Of Israel, Redeemer, Deliverer, Savior, King Of Israel, Lord Of All The Earth, The Most High, Shiloh, The Arm Of The Lord, Messiah The Prince, God Of Abraham, God Of Isaac, And God Of Jacob, Wonderful Counselor, Mighty God, Father Of Eternity, Prince Of Peace, Holy One, Spirit Of God, The Spirit Of The LORD, The Spirit Of Wisdom And Understanding, The Spirit Of Counsel and Strength, The Spirit Of Knowledge And The Fear Of The LORD, Upright One, Light Of Israel, Our Dwelling Place, Stronghold, Refuge, Strength, Rock, Rock Of Israel, Stone of Israel, My Portion In The Land Of The Living, My Cup, Star, Potter, Husband, Creator, Shepherd, Messenger Of The Covenant, Redeemer of Israel, My Lovingkindness, The King, King Of Glory, Ancient of Days, Covenant To The People, The Angel, Ruler In Israel, Father, God The Father, The Father Of Lights, The Father Of Spirits, God (Elohim), The God Of Abraham, Isaac And Jacob , God Of Peace , The Living God , Lord God , Lord Almighty , Power , The Most High God , Lord Of Armies, The Majesty, The Lawgiver And Judge, Sovereign, A Consuming Fire, Abba, Father Of Our Lord Yeshua The Messiah, The Father Of Glory, Father of Mercies, The God Of Our Fathers , God Of All Comfort , The God Of Glory , The God Of Israel , Lord God of Israel , The Almighty , The Creator , The Divine Nature, The Majestic Glory, The King Of The Nations, The Eternal Immortal Invisible King, Heaven

Praises of God by St. Francis Assisi

You are holy, Lord, the only God,
and Your deeds are wonderful.
You are strong.
You are great.
You are the Most High.
You are Almighty.
You, Holy Father are King of heaven and earth.
You are Three and One, Lord God, all Good.
You are Good, all Good, supreme Good, Lord God,
living and true.
You are love. You are wisdom.
You are humility. You are endurance.
You are rest. You are peace.
You are joy and gladness.

You are justice and moderation.
You are all our riches, and You suffice for us.
You are beauty.
You are gentleness.
You are our protector.
You are our guardian and defender.
You are our courage. You are our haven and our
hope.
You are our faith, our great consolation.
You are our eternal life, Great and Wonderful Lord,
God Almighty, Merciful Saviour.
Amen.

5-in-1

Prayer

Method

BLESSING

PETITION

INTERCESSION

THANKSGIVING

PRAISE

LECTIO DIVINA

Always ask Jesus and the Holy Spirit to be with you and guide your prayer and imagination.

Read

Ponder

Respond

Rest

A method for praying with the Scriptures. As one reads and invites the Word to become a transforming lens that brings the events of daily living into focus, one can come to live more deeply and find the presence of God more readily in the events of each day.

That very day, the first day of the week, two of Jesus' disciples were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?" And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his Body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see."

And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Christ should suffer these things and enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures. As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?" So they set out at once and returned to Jerusalem where they found gathered together the Eleven and those with them who were saying, "The Lord has truly been raised and has appeared to Simon!" Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

Luke 24:13-35

IGNATIAN CONTEMPLATION: IMAGINATIVE PRAYER

Always ask Jesus and the Holy Spirit to be with you and guide your prayer and imagination.

Engage your
senses to follow
Jesus in the
Gospel.

A method of prayer in which you imagine yourself as present in a Gospel scene, stepping into the story and encountering Jesus there. Through the act of contemplation, the Holy Spirit makes present a mystery of Jesus' life in a way that is meaningful for you now.

“I am Cleopas”

VISIO DIVINA

Always ask Jesus and the Holy Spirit to be with you and guide your prayer and imagination.

See

Think

Wonder

Listen

An ancient form of Christian prayer in which we allow our hearts and imaginations to enter into a sacred image, in silence, to see what God might have to say to us.

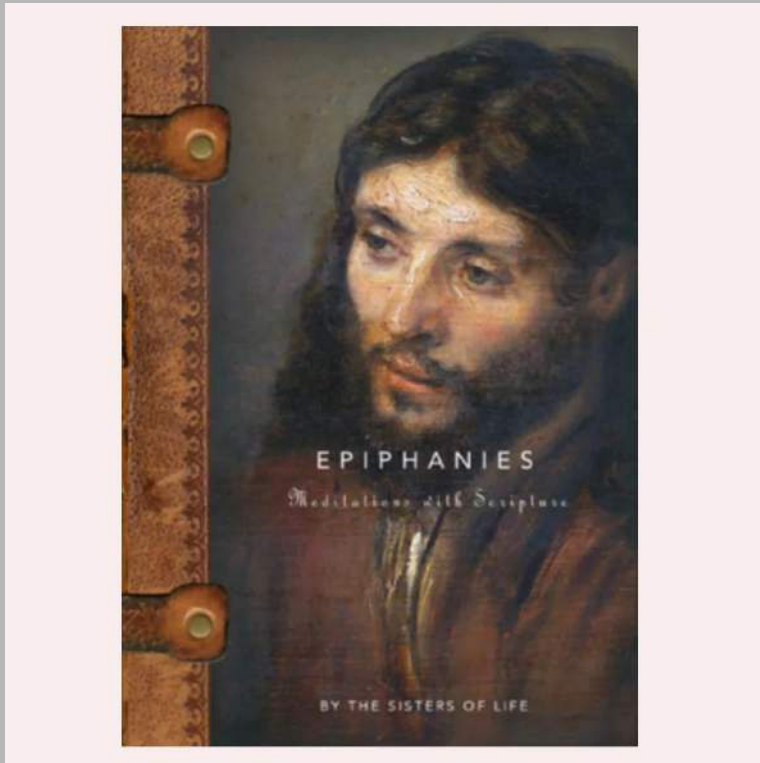


Discussion Questions

1. What kinds of prayer have helped you to grow in your personal relationship with God?
2. Is there a prayer method that you would like to explore more? How can you do this?
3. In your life, when do you find it easiest to to pray or most difficult to pray?
4. When could you incorporate the 5-in-1 prayer method into your daily life?
5. Is there anything about prayer you learned that changed your understanding of prayer?
6. Share your experience with the imaginative prayer and Visio Divina on The Road to Emmaus and Cleopas.

Resources

- [Epiphanies, Meditations with Scriptures by the Sisters of Life](#)



The Our Father

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass
against us;
and lead us not into temptation,
but deliver us from evil.
Amen.

Hail Mary

Hail, Mary, full of grace,
the Lord is with thee.
Blessed art thou among women
and blessed is the fruit of thy womb,
Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

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.