

SPIRITUAL COMMUNION

PENTECOST: BE BOLD AND START

OUR FAVORITE RESOURCES

To Use in Prayer...

- Apps: iBreviary and Laudete provide daily Mass readings and other Catholic prayers
- More Apps:
 - Pray as You Go
 - Echo: helps especially with intercessory prayer as you can add prayer requests and it will prompt you to pray at certain times)
- In Conversation with God by Francis Fernandez (daily devotional)
- An Ignatian Introduction to Prayer by Fr. Timothy Gallagher, OMV
- Magnificat (monthly guide or app)
- Experiencing Jesus with Mother Teresa by Jean Maalouf

Reading to Prompt Prayer...

- I believe in Love by Jean d'Elbée
- Anything from Fr. Jacques Phillippe
- Be Healed by Bob Schutes
- Hail, Holy Queen by Scott Hahn
- A Father Who Keeps His Promises by Scott Hahn
- Imitation of Christ by Thomas a Kempis

Books About Prayer...

- Into the Deep by Dan Burke
- Prayer for Beginners by Peter Kreeft

Thank you for making this journey with us! Over the last few weeks we've covered several components of prayer but here is the most important part: **be bold and start**. You may not feel totally comfortable with prayer, maybe you're not sure where to start...start anyway. Be awkward and vulnerable, be real with God. He loves you. In uncertainty, a great way to start prayer is like this: *"Come, Holy Spirit...I'm not sure what I'm doing, but I want to know and love you, teach me how to pray..."*

And when it comes to prayer, it's not about your eloquence or checking boxes, it's about letting God be God. It's about letting Him fight for you, be with you, love you and perfect you in His time. So, you're not alone in this. The Holy Spirit will pray through you and teach you. You just have to be bold and start.



"In the same way, the Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit itself intercedes with sighs too deep for words."

- Romans 8:27 -

EMILY
LINN

I started setting aside regular time for prayer as a sophomore in college when my roommate noticed the academic stress I was under. She would place Bible verses on my desk and invite me to Adoration. "I do not have time to pray!" I would tell her. Slowly, I started attending Adoration with her and my perspective began to change from defining myself by my grades and performance, to living freely as a daughter of God. Now I desire to talk to God daily, and prayer has shaped major decisions in my life! I currently use the Magnificat and pray with the daily readings in the mornings, with a good cup of coffee, before the day begins."

TIM
GARCZYNSKI

My prayer life changed drastically during Lent, and has continued during the Easter Season. I have been using Lectio Divina as a primary form of prayer. This has been instrumental in my new understanding of the Gospel of Matthew. I have a devotion to our Blessed Mother, so part of my daily prayer is asking her for help in embracing grace from her Son. I like using A Year with Mary as a way to help to meditate on this. Then I like to use some form of spiritual reading as my relaxation reading. Currently, I am reading two books by Scott Hahn, Hail, Holy Queen, and A Father Who Keeps His Promises.

MICHELLE
SAVOIE

I consistently encounter peace in prayer when I am before God at church, so I make it a priority to go to church often to pray. I "accidentally" fell into this routine when I decided to show up early to school pick-up and head into church to pray before the kids finished their day. This fit naturally in my daily routine. A favorite spiritual book is The Imitation of Christ - I turn to it when I need a pick-me-up or need to re-center myself on God and can't seem to settle enough into prayer. Lastly, I have been memorizing scripture verses that are personally meaningful; there are times I call these to mind...these words bring me peace.

KELSEY
KASMERCHAK

I try to start the day with the daily mass readings and/or reading a book. Right now I'm reading a book that has daily reflections from Experiencing Jesus with Mother Teresa by Jean Maalouf. My fiancée, Collin and I are also taking turns picking a "Saint of the Day" to learn about. During Lent we sent each other faith pictures/artwork that "moved" us and made them our phone screen savers for the day. At the end of the day, I have been filling out a gratitude journal where I write three things I'm grateful for that day and I usually try to do a rosary.

TIM
TARPEY

More than twenty years ago, I was in the airport when I met a man who assured me that the only way to be saved is through the Bible and that Catholics don't read the Bible. I assured him that we do...That afternoon, I purchased a "One Year Bible" and have been reading and praying with it nearly every day since. Reading scripture daily opened me up to joining St. Vincent de Paul, meditative prayer, and daily mass. Hopefully, I've become a better, more loving person who listens for God in my every day life. I've found that I have more time in my day for other things when I include God in it too.

SAM
EL-AZEM

Most mornings I grab a cup of coffee and sit in a chair in my living room. I have recently been listening to the *Pray-As-You-Go* App that uses Ignatian prayer to dive into the Gospel reading for the day. I try to keep praying as my kids wake up to model prayer for them. I had to learn the hard way that my daily prayer time will look not look the same during different seasons of my life. My prayer life today with 3 (almost 4) kids running around looks vastly different than when I was single. Embrace flexibility and grace every day. :)