

Contents

A Note from the Authors	xiii
--------------------------------------	------

Getting Started	xv
------------------------------	----

Part I: The Ways Catholics Pray	1
--	---

Spontaneous Prayer	3
--------------------------	---

Scripted Prayers.....	5
-----------------------	---

Community Prayer.....	6
-----------------------	---

Liturgical Prayer	8
-------------------------	---

Praying with the Scriptures (Lectio Divina).....	10
--	----

Simple Rituals and Devotional Prayers	12
---	----

Blessing and Adoration	14
------------------------------	----

Petition	15
----------------	----

Intercession	16
--------------------	----

Thanksgiving.....	18
-------------------	----

Praise.....	19
-------------	----

Psalms, Canticles, and Litanies	20
---------------------------------------	----

Part 2: Common Prayers	31
-------------------------------------	----

The Basics	33
-------------------------	----

Sign of the Cross.....	33
------------------------	----

Glory Be.....	33
---------------	----

Our Father (The Lord's Prayer).....	34
-------------------------------------	----

Hail Mary.....	35
----------------	----

The Apostles' Creed	36
---------------------------	----

Daily Prayers	38
----------------------------	----

On Waking	38
-----------------	----

Morning Offering	38
Prayer before Work (Come, Holy Spirit)	39
Grace before Meals.....	40
Prayer after Meals	40
Prayer to the Guardian Angel	41
The Jesus Prayer.....	41
Prayer to St. Michael the Archangel.....	42
A Family Blessing at Bedtime.....	43
Nunc Dimittis.....	44
Examen	45
Act of Contrition.....	46
Peace at the Last.....	47
Eternal Rest.....	47
Mass Prayers	49
Confiteor	49
Lord, Have Mercy (<i>Kyrie, Eleison</i>)	49
Gloria.....	50
Nicene Creed	51
Holy, Holy (<i>Sanctus</i>)	53
Lamb of God (<i>Agnus Dei</i>).....	54
Prayer before Communion.....	54
Marian Prayers	55
Hail, Holy Queen	55
Magnificat.....	56
Memorare	58
Regina Coeli (Queen of Heaven).....	59
Praying with the Saints	60
St. Augustine, Prayer to the Holy Spirit	61
St. Augustine, Prayer for Difficult Times.....	61
St. Patrick, St. Patrick's Breastplate	62
St. Francis of Assisi, Peace Prayer.....	64

St. Francis of Assisi, Canticle of Brother Sun	65
St. Ignatius of Loyola, Anima Christi.....	67
St. Ignatius of Loyola, Prayer for Generosity	68
St. Ignatius of Loyola, Prayer of Offering (<i>Suscipe</i>)	68
Mary, Queen of Scots, Prayer for a Magnanimous Heart	69
Blessed John Henry Newman, The Pillar of the Cloud	70
Pope Leo XIII, Prayer to St. Joseph	71
St. Padre Pio, A Prayer for Trust and Confidence in God’s Mercy	72
St. Teresa of Calcutta, Prayer for Our Family.....	74
St. Teresa of Calcutta, Radiating Christ.....	75
Thomas Merton, The Road Ahead.....	76
St. John Paul II, Prayer for Everlasting Peace	77
Pope Benedict XVI, Prayer to Mary to Learn to Love	79
Pope Francis, Prayer to Mary, Undoer of Knots	80
Pope Francis, Prayer to the Holy Family	81

Part 3: Devotions 83

The Rosary.....	85
The Stations of the Cross	96
The Angelus	117
The Advent Wreath	119
O Antiphons of Advent.....	121
Eucharistic Adoration.....	124
Chaplet of Divine Mercy	127
Novenas.....	130

Acknowledgments 133

Additional Prayer Resources 135