

CULTURE of LIFE

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REUTERS/TONY GENTILE

How (and Why) of Daily Prayer

The Register's clip out, photocopy and pass-on guides for Advent



Talk to God

Pope John Paul II thought prayer was so important, he dedicated a year to the Rosary. Pope Benedict XVI directed these beautiful words to Americans during his visit:

"Time spent in prayer is never wasted, however urgent the duties that press upon us from every side. ... Contemplation of the mysteries of the Rosary releases all their saving power, and it conforms, unites and consecrates us to Jesus Christ."

This Advent, the Register challenges each reader to pray the Rosary every day. Then, when Advent ends, why stop?

1 If you had the chance to talk to Blesseds Mother Teresa and John Paul II, wouldn't you? Christ is infinitely greater, and you have the chance to talk with him every day.

Quick Tip God likes to converse with you the way you like to converse with others: He doesn't want you to rattle on and hardly notice him.

2 Don't you talk frequently, and for significant amounts of time, to those you love?



3 As a baptized person, you are the representative of Christ's love at home, at work and in social situations. You will only represent him well if you've prayed.

Quick Tip Prayer is made of ACTS: A-Adoration, C-Contrition (sorrow for sins), T-Thanksgiving, S-Supplication (your requests of God).



Quick Tip Kneel or sit respectfully when you pray. Your body and soul are one. The way you carry your body is important.

4 Prayer will transform your day and make it fruitful and fulfilling.

5 Only God can make you truly happy. Know him.

Quick Tip Start by remembering God is present and telling him in your own words why you believe in him, hope in him and love him.

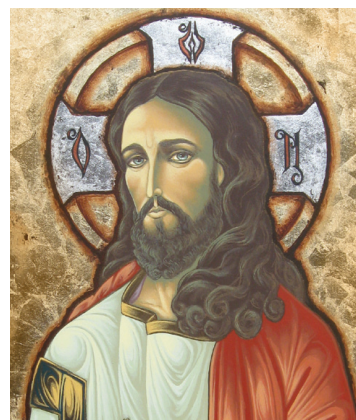
6 Do you want to go to heaven? Then get ready with habitual prayer.

7 Read Luke 10:38-42: Jesus says there is "only one thing necessary."

8 Mental prayer helps soften your heart.

Quick Tip If you get "stuck," you can slowly repeat the words of a simple prayer like "My God, I adore your divine greatness from the depths of my littleness."

9 Christ doesn't want you to pray because you have to. He wants you to pray because he loves you and likes talking to you.



10 Faithful prayer can give you in a moment what otherwise takes years of experience to gain.

Quick Tip Read a brief passage from the Gospels, and picture it happening. You can even imagine Christ sitting with you.

The Rosary

Pope Benedict XVI has asked Catholics to pray daily Rosaries.

The Basic Rosary

1. Holding the crucifix, make the Sign of the Cross.
2. Holding the fifth bead up from the crucifix, announce the first mystery, then pray the Our Father. Pray 10 Hail Marys, one on each bead, while meditating on the mystery. End with: 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.
3. Continue with the second, third, fourth and fifth mysteries in the same way.
4. Pray the Hail, Holy Queen.
5. End with the Sign of the Cross.

Joyful Mysteries (Monday, Saturday)

1. The Annunciation (Luke 1:26-38)
2. The Visitation (Luke 1:39-56)
3. The Nativity (Luke 2:1-20)
4. The Presentation in the Temple (Luke 2:22-38)
5. The Finding of Jesus in the Temple (Luke 3:41-52)

Luminous Mysteries (Thursday)

1. Baptism of Christ in the Jordan (Matthew 3:13-17)
2. Wedding Feast at Cana (John 2:1-12)
3. Proclamation of the Kingdom (Mark 1:14-15, 2:3-13)
4. The Transfiguration (Matthew 17:1-8)
5. Institution of the Eucharist (Matthew 26:26-32)

Sorrowful Mysteries (Tuesday, Friday)

1. Agony in the Garden (Luke 22:39-46)
2. Scourging at the Pillar (Mark 15:6-15)
3. Crowning With Thorns (John 19:1-8)
4. Carrying of the Cross (John 19:16-22)
5. The Crucifixion (John 19:25-30)



Glorious Mysteries (Wednesday, Sunday)

1. The Resurrection (Matthew 28:1-10)
2. The Ascension (Acts 1:6-11)
3. Descent of the Holy Spirit on the Apostles and Mary (Acts 2:1-13)
4. Assumption of Mary into Heaven (Revelation 12:1-3, 13-18)
5. Coronation of Mary (Revelation 12:1-5)

Additional copies: NCRegister.com; click "Resources."

A Guide to Living the Catholic Basics

The Register's clip out, photocopy and pass-on guides for Advent

REUTERS/TONY GENTILE



Evangelize!

This issue, we offer the final of our four guides to being Catholic. By making copies, or finding extra copies online, we can spread the faith in the way Pope Benedict asked. Here are his words to us from his U.S. trip:

"Is it consistent to profess our beliefs in church on Sunday and then during the week to promote business practices or medical procedures contrary to those beliefs?"

"Is it consistent for practicing Catholics to ignore or exploit the poor and the marginalized, to promote sexual behavior contrary to Catholic moral teaching or to adopt positions that contradict the right to life of every human being from conception to natural death?"

"Any tendency to treat religion as a private matter must be resisted. Only when their faith permeates every aspect of their lives do Christians become truly open to the transforming power of the Gospel."

Precepts of the Church

- You shall ...
- attend Mass on Sundays and on holy days of obligation and remain free from work or activity that could impede the sanctification of such days;
 - confess your sins at least once a year;
 - receive the sacrament of the Eucharist at least during the Easter season;
 - observe the days of fasting (Ash Wednesday; Good Friday) and abstinence (Fridays) established by the Church; and
 - help to provide for the needs of the Church.

Quick Tip Books to own: Bible (get a Catholic edition), the Catechism of the Catholic Church and the Compendium of the Catechism of the Catholic Church (the shorter Vatican Catechism in question-and-answer format).

Season 1 Advent, starting four Sundays before Christmas, is a time to prepare for Christmas. Use it as a time to invite people to return to church.

Season 2 The Christmas season lasts until the Baptism of the Lord in January. Make a New Year's resolution to better follow the precepts of the Church.

Season 3 Lent lasts from Ash



Wednesday to Palm Sunday. Start a new practice: daily Rosary or daily Mass.

Season 4 The Easter season is longer than Lent because Christ's resurrection is the basis of our faith. All year, each Sunday recalls Easter. Reserve Sundays for your family.

Quick Tip Authors to try: Venerable Fulton Sheen, G.K. Chesterton, St. Thérèse of Lisieux, Blesseds John Paul II and Mother Teresa (books on her sayings), Scott Hahn, Karl Keating and Peter Kreeft.

Season 5 Ordinary Time includes May, the month dedicated to Mary; October, the month of the Rosary; and November, the month of the dead. Get a Catholic calendar and follow special feast days.

Quick Tip

Natural family planning uses moral, Church-approved methods for married couples to foster a happy and holy marriage and openness to life. To learn more: OneMoreSoul.com (800) 307-7685

The Ten Commandments

1. I am the Lord your God: You shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

Quick Tip

The poor are very close to Christ, and he will judge us on how we serve them. **Volunteer:** Contact your parish or local Knights of Columbus chapter.

The Christmas Life

Want the four joys of Christmas to last all year? They can.

Receiving Gifts

A life of Mass, confession and prayer will bring you frequent gifts — and happy surprises about yourself, your loved ones and the world we love. Guaranteed.

Giving Gifts

There are many loving sacrifices in the Christian life. Experience the incomparable joy of self-giving year-round.

Family Happiness

Families are joyful when Christ is the reason for our gathering. Prayer and faith transform family life in every season.

The Life of Jesus

The story of the humble Savior fills us with joy each year. His life has many stories to inspire us — enough to fill every day of the year.

Answers to your questions:

The Holy See
Vatican.va

EWTN
EWTN.com
(205) 271-2900

Catholic Answers
Catholic.com
(619) 387-7200



Additional copies: NCRegister.com; click "Resources."

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Life is worth affirming - and confirming.

If your organization or apostolate is dedicated to promoting the sanctity of life from natural conception until natural death, get the word out with ad in our January 13 issue. Its theme: Roe vs. Wade and the March for life. Space reservation deadline is December 26.



FACT: In a recent survey, 91% of Register readers said they were satisfied or very satisfied with our Culture of Life features, and 85% said the same about our Pro-Life and Pro-Family Profiles.

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