

# CULTURE of LIFE

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## Why (and How) of Daily Prayer

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

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### Talk to God

Pope St. John Paul II thought prayer was so important that he dedicated a year to the Rosary. Pope Benedict XVI directed these beautiful words to Americans during his visit in 2008: "Contemplation of the mysteries of the Rosary releases all their saving power, and it conforms, unites and consecrates us to Jesus Christ." Pope Francis has spoken of prayer many times, too. On Nov. 3, he tweeted: "When we pray, we need to have the courage of faith. Have trust that the Lord hears us!" Prayer is, he explained at his Nov. 15 audience, "first and foremost, dialogue, a personal relationship with God." This Advent, the Register encourages readers to commit to praying the Rosary — and why stop when Advent ends?

**1** Prayer is simply talking with God about your concerns, decisions and hopes — and everything in between.

**Quick Tip** Have a conversation with God: Talk — and then listen to his response.

**2** Through prayer, God will guide you in all areas of your daily life, so that you can be an "ambassador for Christ" (2 Corinthians 5:20).



**3** There is "only one thing necessary," according to Jesus, to sit "beside the Lord at his feet, listening to him speak" (Luke 10:38-42).

**Quick Tip** Prayer can be thought of according to the acronym ACTS:  
A-Adoration  
C-Contrition (sorrow for sins)  
T-Thanksgiving  
S-Supplication (special intentions)



**Quick Tip** Go to a quiet place, such as the adoration chapel.

### The Rosary

#### The Basic Rosary

**1.** Holding the crucifix, make the Sign of the Cross.  
**2.** Recite the Apostles' Creed (See [EWTN.com/devotionals/prayers/creed2.htm](http://EWTN.com/devotionals/prayers/creed2.htm).)

**Quick Tip** Reflect on a Scripture passage or read a Catholic book, such as a saint's writings. What do the words remind you to talk with God about? What intentions come to mind?

**3.** Pray the Our Father, three Hail Marys (for the virtues of faith, hope and love) and the Glory Be.  
**4.** Holding the fifth bead up from the crucifix, announce the first mystery/read a reflection on it, and

pray an Our Father.  
**5.** While meditating on the mystery, pray 10 Hail Marys, one on each bead. End with a Glory Be. (You may also pray the Fatima Prayer at the end of each decade: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to heaven, especially those who are in most need of thy mercy.*)

**Quick Tip** It's okay to sit with God in silence, especially in front of the Blessed Sacrament. Jesus is there with you.

**6.** Continue with the second, third, fourth and fifth mysteries in the same way.

**7.** Pray the Hail, Holy Queen: *Hail, holy Queen, Mother of Mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us; and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.*

**8.** Pray the Rosary Prayer: *O God,*

**Quick Tip** Familiar prayers like the Our Father and Hail Mary are great prayers. But also pray in your own words.

*whose only begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life: Grant, we beseech thee, that, while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise, through Christ our Lord. Amen.*



**Quick Tip** Mary's intercession is powerful. Pray the *Memorare* in times of need: *Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to thy protection, implored thy help or sought thy intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.*

### Joyful Mysteries (Monday, Saturday)

**1.** Annunciation (Luke 1:26-38)  
**2.** Visitation (Luke 1:39-56)  
**3.** Nativity (Luke 2:1-20)  
**4.** Presentation in the Temple (Luke 2:22-38)  
**5.** 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.** 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.** Crucifixion (John 19:25-30)

### Glorious Mysteries (Wednesday, Sunday)

**1.** Resurrection (Matthew 28:1-10)  
**2.** 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](http://NCRegister.com); click "Resources."

*"In Jesus we will enjoy the flavor of the true spirit of Christmas: the beauty of being loved by God."*

— Pope Francis, Christmas Eve 2016

## A Guide to Living the Catholic Basics

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



### Evangelize!

This is the final of our four guides to being Catholic. Share these guides in order to spread the faith in the way Pope Francis has asked of us.

"We cannot be Christians part-time. If Christ is at the center of our lives, he is present in all that we do," the Holy Father reminded the faithful on Twitter. He also stated, "Let us remember that faith is not something we possess, but something we share. Every Christian is an apostle."



### Precepts of the Church

You shall ...  
**■** attend Mass on Sundays and on holy days of obligation and reserve those days as much as possible for God;  
**■** confess your sins at least once a year (though our confession guide highlighted the benefits of frequent confession, as encouraged by Pope Francis and past popes);  
**■** receive the Eucharist at least during the Easter season (although our Mass guide denoted the importance of receiving Christ in Communion regularly);  
**■** 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** Good Catholic reads: the Bible (Catholic version), Catechism of the Catholic Church, the Compendium of the Catechism of the Catholic Church (the shorter Vatican Catechism in question-answer format) and *YouCat* (the youth Catechism).

**Season 1** Advent focuses on preparation. The four Sundays and their corresponding weeks before Christmas are a blessed time period. Pray amid the festivities and shopping.



**Season 2** The Christmas season begins on Christmas Day (or anticipatory Christmas Eve vigil) and ends on the Baptism of the Lord in January. Celebrate fully the 12 Days of Christmas and beyond.

**Season 3** Lent is the penitential season from Ash Wednesday to Palm Sunday. Include a prayerful penance in your routine: daily Rosary or daily Mass.

**Quick Tip** More good reads: writings by our popes and saints. (Check out all of the Register's book picks at [NCRegister.com](http://NCRegister.com).)

**Season 4** The Easter season proclaims Christ's resurrection, the foundation of our faith. We recall Easter every Sunday. Reserve Sundays for your family and the Lord.

**Quick Tip** Have a happy, holy marriage and family by being rooted in Christ and open to children. To learn more: [OneMoreSoul.com](http://OneMoreSoul.com) (800) 307-7685

**Season 5** Ordinary Time includes May, the month dedicated to Mary; October, the month of the Rosary; and November, the month to pray for the dead. It also includes the time from Christmas to Lent. Observe special feast days as a family.

### 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** Pope Francis encourages us to help the poor, and so does Jesus. Volunteer through your parish or a Catholic organization.

### The Christmas Life

*The joys of Christmas can last all year.*

#### God's Gifts

Knowing God's grace by living a Catholic life centered on Mass and the sacraments is a gift.

#### Be Generous

Find joy in giving your kindness, love, talents and time to God and others throughout the year.

#### Happy Family

Following Christ with your family by your side will bring joy, too.

#### Jesus' Story

Our Savior's story should fill us with joy every day.

### Answers to your questions:

**The Holy See**  
Vatican.va

**EWTN**  
EWTN.com  
(205) 271-2900

**Catholic Answers**  
Catholic.com  
(619) 387-7200



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