

# WHY AND HOW DO I PRAY?



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## Prayer Activity

In this week's activity we are asking you to put into practice some of the things we have been reading and talking about in our weekly session. The practice of prayer and spending time with God. It's often been said: "If you fail to plan then you plan to fail". This week's challenge is to plan your time with God and to start experimenting with methods of prayer.

### Find a Place

We ask you to take time this week to consciously look for an environment and place that helps you to pray. It might be:

- A favourite comfy chair
- A quiet spot in the garden
- A private room with a sacred space
- Time spent in the church

Choose a place where you feel comfortable, can be alone, and won't be easily distracted—somewhere you can pray freely.

### Set a Time

Rather than leaving it to chance, look at your schedule and set a specific time to meet with God. Mark it in your calendar. Set a reminder to your phone.

Everyone's rhythm is different:

- You might have kids or work long hours
- You might be a morning person or a night owl

Find a time that suits you—and if it doesn't work, try another until you find one that does.

### Pray: Breath Prayer

This week's prayer method is called 'Breath Prayer'

Begin by becoming aware of your breathing. Let a word or short phrase accompany each breath—spoken aloud, whispered within, or felt in your heart.

Choose a word that resonates with you, such as:

Jesus, Shepherd, Father, Thank You, or Come, Holy Spirit.

Use this word in rhythm with your breath as you pray.

**Helpful tip for this week:** Have a notepad and pen beside you when you pray and write down any thoughts, ideas, insights or feelings you have while you pray. It's easy to forget the things we take from prayer and this will give you something to reflect on in the days and weeks ahead.