

Monthly Prayer mailing - Engaged Catholic Prayer Covenant

Dear Families,

Thank you for returning your Prayer Covenants and embarking on this journey of growing in prayer as *my Life Savior*. Review the two prayer methods as part of your Engaged Catholic Prayer Covenant that are the focus of this month's Covenant.

Engaged Catholic Prayer

Put on the Life Savior

Below you'll find two new forms of prayer on which to build up to 20 minutes of prayer as a household this month. They are the 1) *The Prayer Process* by Matthew Kelly, and 2) *Pope Francis 5-Finger Prayer*. Try one or both this month!

Method 1: The Prayer Process --- Matthew Kelly

In The Prayer Process we take time – a minute, two minutes or maybe ten minutes - to spend time with the Lord every day. Pick a specific time when you will pray; ex. Morning Prayer or Night Prayer. It is an intentional way that we grow in our faith. The seven steps of The Prayer Process are as follows:

1. **Gratitude:** Begin by thanking God in a personal dialogue for whatever you are most grateful for today.
2. **Awareness:** Revisit the times of the past twenty-four hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.
3. **Significant Moments:** Identify something you experienced today and explore what God might be trying to say to you through that event (or person).
4. **Peace:** Ask God to forgive you for any wrong you have committed (against yourself, another person, or Him) and to fill you with a deep and abiding peace.

5. Freedom: Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. Others: Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. Finish by praying the Our Father

Method 2: Pope Francis' 5-Finger Prayer

Using the fingers on your hand, start with the thumb and pray these intentions in this order:

1.) The thumb is closest finger to you. So start praying *for those who are closest to you*. They are the persons easiest to remember. To pray for *our dear ones* is a "Sweet Obligation."

2.) The next finger is the index. Pray *for those who teach you, instruct you and heal you*. They need the support and wisdom to show direction to others. Always keep them in your prayers.

3.) The middle finger is the tallest. It reminds us of our *leaders, the governors and those who have authority*. They need God's guidance.

4.) The fourth finger is the ring finger. Even though it may surprise you, it is our weakest finger. It should remind us to pray for *the weakest, the sick* or those *plagued by problems*. They need your prayers.

5.) And finally we have our pinkie finger, the smallest of all. Your pinkie should remind you to *pray for yourself*. When you are done praying for the other four groups, you will be able to see *your own needs* but in the proper perspective, and also you will be able to pray for your own needs in a better way.

We launched our prayer covenant on the weekend of September 26/27. Fr. doug has challenged each of you, Today I challenge each household in the parish to grow in both personal and family prayer through a covenant of "Prayer as a life savior."

Your covenant is to try some new forms of prayer and build up to 20 minutes of daily prayer. It is our goal to provide you with different prayer methods to build on your foundation of prayer. To help you with this, you will be receiving a monthly email like this one and

Now that your household has begun the prayer challenge, I invite you to ["like" St. Raphael on Facebook](#) and then share with us a picture of your family at prayer by tagging us in your post. All of us together will create a prayer trend that will reach far beyond our parish walls and bring the faith and love of Jesus to others.

For further growth, check out the following links:

Links:

- Prayer Process as a sign of a Dynamic Catholic
www.youtube.com/watch?v=vi0ejUqf0ns
- The Prayer Process

http://www.appleseeds.org/Prayer-Process_M-Kelly.htm

- How God Speaks to Us

www.youtube.com/watch?v=X19TNCz7-H8 - Matthew Kelly himself speaking

- Is it Me or Is it Hard to Pray?

<https://www.youtube.com/watch?v=OrugL8DyTM4> Matthew Kelly himself

- What is Prayer?

www.youtube.com/watch?v=-2wCh_9EfuU Story of what Really Matters 23rd
Psalm

www.youtube.com/watch?v=rkH3uoTL32c The Classroom of silence

Need:

Pictures/description of pic

Linkls

When I'd like it to go out

http://rediscover.archspm.org/rediscover_news/prayer-processhelps-form-regular-conversations-god/