





# We pray to align our will with God's will.

3 Ways	Definition	Example
Vocal 	We use our words to reflect on our relationship with God.	Traditional Spontaneous
Meditation 	We engage our mind and imagination to seek awareness of God's presence & understand God's work in our lives.	Imaginative Daily Examen
Contemplation 	We rest quietly in God's presence.	Centering prayer 

## Liturgy of the Hours

Name	Time
Matins	Midnight
Lauds	6 am
Terce	9 am
Sext	12 noon
None	3 pm
Vespers	6 pm
Compline	9 pm

5 Types	Explanation
Adoration	Seeing God for what he is.
Petition	Making your needs known to God.
Intercession	Praying for the needs of others.
Thanksgiving	Thanking God for all he has done.
Praise	Expressing joy because you know God.

**Novena** The word novena is taken from "novem," the Latin word for 9. A novena is made up of 9 days of prayer and meditation usually to ask God for special prayer requests or petitions or for specific saints to intercede for us.

## Veneration vs Adoration

Veneration	We pay appropriate honor to a creature of God who deserves such honor.
Adoration	The act of giving ourselves to God as the One to whom we owe everything, an act of total submission to Him. He alone is to be adored & worshiped.

### Asking Saints to Intercede for us

We are urged not only to imitate the saints, but also to ask for their assistance. The perfected saints have a share in God's perfect, supernatural power. They are able, through His grace, to act on our behalf, to intervene in earthly affairs, just as He does. They don't just pray for us; they can act on our behalf in other ways as well.

### Rosary

A meditation of the mysteries of the lives of Jesus and Mary. This scripture-based prayer is named for the string of knots or beads used to count the component prayers. The repetition is meant to lead one into restful & contemplative prayer.

### Stations of the Cross

A 14 step devotion that commemorates Jesus Christ's last day on Earth as a man.

## Lectio Divina

Step	Description
Lectio—read	Read the Word of God.
Meditatio—reflect	Think about what we have read.
Oratio—respond	Let your heart speak to God.
Contemplatio—rest	Let go & rest in the Word of God.