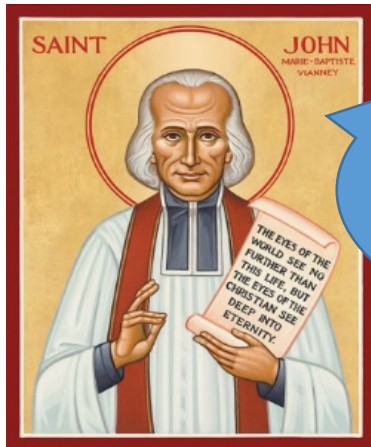


## DIPPING INTO THE CATECHISM

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From the Compendium to the Catechism paragraphs: 559-567



“I love you, Lord and the only grace I ask is to love you eternally....My God, if my tongue cannot say in every moment that I love you, I want my heart to repeat it to you as often as I draw breath.” St John Marie Vianney, the Curé of Ars.

### IN THE CHURCH ARE THERE DIFFERENT WAYS OF PRAYING ?

In the Church there are various ways of praying that are tied to different historical, social and cultural contexts. The Magisterium of the Church has the task of discerning the fidelity of these ways of praying to the tradition of apostolic faith. It is for pastors and catechists to explain their meaning which is always related to Jesus Christ.

### WHAT IS THE WAY OF OUR PRAYER ?

The way of our prayer is Christ because prayer is directed to God our Father but reaches Him only if we pray – at least implicitly – in the name of Jesus. His humanity is in effect the only way by which the Holy Spirit teaches us to pray to our Father. Therefore liturgical prayers conclude with the formula: “through our Lord Jesus Christ”.

### WHAT IS THE ROLE OF THE HOLY SPIRIT IN PRAYER ?

Since the Holy Spirit is the interior Master of Christian prayer and “we do not know how to pray as we ought” (Romans 8:26), the Church exhorts us to invoke Him and implore Him on every occasion: “Come, Holy Spirit!”

### HOW IS CHRISTIAN PRAYER MARIAN ?

Because of her singular cooperation with the action of the Holy Spirit, the Church loves to pray to Mary and with Mary, the perfect “prayer” and to “magnify” and invoke the Lord with her. Mary in effect shows us the “Way” who is her Son, the one and only Mediator.

### HOW DOES THE CHURCH PRAY TO MARY ?

Above all with the *Hail Mary*, the prayer with which the Church asks the intercession of the Virgin. Other Marian prayers are the *Rosary*, the *Akathistos hymn*, the *Paracletis*, and the hymns and canticles of diverse Christian traditions.

## HOW ARE THE SAINTS GUIDES FOR PRAYER ?



The saints are our models of prayer. We also ask them to intercede before the Holy Trinity for us and for the whole world. Their intercession is their most exalted service to God's plan. In the communion of saints, throughout the history of the Church, there have developed different types of spiritualities that teach us how to live and to practice the way of prayer.

## WHO CAN EDUCATED US IN PRAYER ?

The Christian family is the first place of education in prayer. Daily family prayer is particularly recommended because it is the first witness to the life of prayer in the Church. Catechesis, prayer groups, and "spiritual direction" constitute a school of and a help to prayer.

## WHAT PLACES ARE CONDUCIVE TO PRAYER ?

One can pray anywhere but the choice of an appropriate place is not a matter of indifference when it comes to prayer. The church building is the proper place for liturgical prayer and Eucharistic adoration. Other places also help one to pray, such as a "prayer corner" at home, a monastery or a shrine.

## WHAT TIMES ARE MORE SUITABLE FOR PRAYER ?

Any time is suitable for prayer but the Church proposes to the faithful certain rhythms of praying intended to nourish continual prayer: morning and evening prayer, prayer before and after meals, the Liturgy of the Hours, Sunday Eucharist, the Rosary and feasts of the liturgical year.



"We must remember God more often than we draw breath" St Gregory of Nazianzus

*It is essential that every Catholic has access to good Catechesis to be able to deepen their faith. The Diocese of Plymouth recommends the many Catechetical Workshops from 'Franciscan at Home,' for more information on access to these and online or real group sessions contact [deborah.vankroonenburg@prcdtr.org.uk](mailto:deborah.vankroonenburg@prcdtr.org.uk)*