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Saint of the Day:
St. Faustina



Sister Faustina was born on August 25, 1905 to a poor family in Poland, the third of 10 children. She entered the Congregation of the Sisters of Our Lady of Mercy on August 1, 1925, and took the name Sr. Maria Faustina of the Most Blessed Sacrament. She lived in the Congregation for thirteen years in several religious houses. She spent time at Krakow, Plock and Vilnius, where she worked as a cook, gardener, and porter. Jesus chose Sr. Maria Faustina as the Apostle and "Secretary" of His Mercy, so that she could tell the world about His great message, which Sr. Faustina recorded in a diary she titled *Divine Mercy in My Soul*. Jesus said to her: "Today I am sending you with My mercy to the people of the whole world. I do not want to punish aching mankind, but I desire to heal it, pressing it to My Merciful Heart." (Diary, 1588) She died in Krakow at the age of just 33 on October 5, 1938. [www.thedivinemercy.org]

Why do we pray?

Confirmation Prep, Session 4

Opening Discussion...

- What is prayer?
- Are there different types of prayer?
- Is prayer necessary to the spiritual life?
- What if we don't pray?
- Can we become holy on our own?
- Why should we worship God?
- Is it hard to even want to pray?
- How do you feel about praying?
- What are some ways to pray?



Topic of the Day...

- Rosary
- Adoration
- Scripture reading
- Bible Journaling
- Lectio Devina
- Prayer Journals
- Informal prayer
- Divine Mercy Chaplet
- Novenas
- Spiritual Reading
- Find Catholic Apps to aid your prayer life: <https://catholicapps.com/13-best-catholic-apps-for-2017/>
- Get the daily readings online: <http://usccb.org/bible/readings/>
- Forms of Prayer:
 - Thanksgiving
 - Adoration
 - Petition
 - Intercession
 - Reparation

Big Questions...

- What kind of time do I give to God throughout the day? Lord, increase my desire to spend time or think about you.
- Do I adore you, my God, and love you as you ask me to?
- Do I believe that you are worthy of worship?

Scripture Reflection

Matthew 7:7-11 & Matthew 6:9-15

“Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!

Pray then like this:

Our Father who art in heaven,
Hallowed be thy name.
Thy kingdom come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread;
And forgive us our debts,
As we also have forgiven our debtors;
And lead us not into temptation,
But deliver us from evil.

For if you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”

Making a Prayer Plan:

- List what type of prayer practices you think are reasonable for any Christian to do on a daily basis.
- When are there natural lulls in my day when I can pray (decide on some basic time slots)
- Which prayer practices do I want to schedule in which time slots?
- Is there someplace I can pray without distraction?
- What do I want in my prayer place to aid my prayer time (Bible, rosary, Catechism, statues, pictures, journal, candles etc.)
- How often is it reasonable for me to go to confession?
- Can I get to a daily mass at least once a month or more?