



Stewardship of Prayer 2019

What is prayer? Prayer is the lifting up of our hearts and minds to God. Prayer is how we get to know God. It is how we talk to and listen to God. Prayer is about relationship. It is unique for each one of us, yet it is up to each of us to make sure the relationship exists. Prayer is a gift of time. After we begin to pray on a regular basis we can see how God has entered our lives in tangible ways, meeting our needs when we least expect it. As we learned in *The Heart that Gives*, “Prayer focuses us, slows us down and orients us to God.”

How do I begin? Start each day with prayer. Acknowledge that you are open to God’s plan for your life for this one day and in so doing, turn your entire day into one long prayer. Every thought, every worry, every smile of thanksgiving becomes communion with the One who loves you. Every great idea, every brainstorm, is the voice of God, if only we take the time to listen. Commit to reading the Bible. In *The Heart that Gives*, Fr. Thomas Connery suggests to read with the “expectancy that God is going to speak to you.” Begin with even just one verse a day.

In addition to personal prayer, we are called to pray in community. This includes, first and foremost, praying together at Mass. The Eucharist feeds our prayer life. As a praying community, we open ourselves to all the opportunities God gives us to pray. Here at St. Paul Parish, we may pray before the Blessed Sacrament in the Adoration Chapel and during special Holy Hours. We have weekly and monthly times to pray the Rosary and we have small group studies. These and other opportunities for prayer help us grow as disciples of Christ and build a strong stewardship community.

This season of Lent, open yourself to God’s love for you. Take the time to speak and listen to Him each day. Here are some ideas for praying these 40 days of Lent:

Attend daily Mass

Read daily scripture

Read a daily devotional, such as “Living Faith”

Read “With Grace and Gladness,” our Lenten devotional

Spend time in prayer in our Adoration Chapel

Pray the Rosary

Pray the Stations of the Cross on Fridays at 7 pm

Reflect at Evening Prayer on Wednesdays at 7 pm

Participate in Dynamic Catholic’s “Best Lent Ever” or

Redeemed Online’s “#ShareJesus” email programs for Lent

Join FORMED and discover more about our Catholic faith

Use a Catholic app for prayers

Listen to and reflect on Christian songs

May your Lent be rooted in His word!

St. Paul Stewardship Ministry Members:

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Stewardship of Prayer

Throughout this week, please review these opportunities for Prayer, Fasting and Almsgiving and reflect on what you will offer to the Lord this Lent.

Next weekend at Mass, we will receive and complete our individual Lenten Commitment cards and place them at the altar.

Stewardship of Prayer ~ Adults

As a disciple of Christ, this Lent I will...

Pray

- Attend a weekday Mass
- Pray for someone I know who is struggling physically, spiritually, or emotionally
- Pray for marriages to be strengthened by Christ
- Pray to become more reliant on the Holy Spirit
- Read the Bible or *With Grace and Gladness*, daily
- Participate in Dynamic Catholic's *Best Lent Ever*
- Subscribe to FORMED (stpaulnorwalk.formed.org)
- Join Coffee & Conversation (Wednesdays @ 10 am)
- Attend a gospel study class
(Men's, Saturdays @ 8 am; Women's, Saturdays @ 9 am)
- Attend a Lenten Retreat
- Reflect at Evening Prayer (Wednesdays @ 7 pm)
- Pray the Stations of the Cross (Fridays @ 7 pm)
- Spend time with the Lord in the Adoration Chapel
- Seek His mercy in the Sacrament of Reconciliation
- Other _____

Fast

- Fast from gossip, complaining and negativity
- Fast from TV, social media or the internet
- Fast from buying unnecessary consumer items
- Fast *for* the intention of the Sanctity of Life
- Fast on bread and water on Fridays
- Other _____

Give

- Reconnect with a friend or family member
- Use my talents to help someone in need
- Forgive someone
- Prayerfully consider how to share my financial blessings with others
- Volunteer my time at a local charity
- Other _____

Stewardship of Prayer ~ Teens

As a disciple of Christ, this Lent I will...

Pray

- Attend The 5 Youth Group
- Read Scripture or a devotional, daily
- Pray for my family, friends and classmates
- Spend time in prayer in the Adoration Chapel
- Seek His mercy in the Sacrament of Reconciliation
- Sing joyfully at Mass
- Other _____

Fast

- Fast from gossip and complaining
- Fast from bullying or ignoring bullying
- Fast from social media, cellphones, and electronics for an hour each evening
- Fast *for* a special intention
- Other _____

Give

- Forgive someone
- Reconnect with a friend
- Send a kind note to or do a good deed for someone
- Donate to CRS Rice Bowl or a local charity
- Other _____

Stewardship of Prayer ~ Children

As a child of God, this Lent I will...

Pray

- Create a "Gratitude Journal" - each day write 3 things for which you are thankful
- Sing joyfully at Mass
- Pray for others, even those I may not like
- Go to Reconciliation
- Other _____

Fast

- Give up watching TV or playing video games
- Give up arguing with my family and siblings
- Give up bullying
- Other _____

Give

- Forgive someone
- Be kind to family, friends and classmates
- Earn money to give to a charity
- Other _____