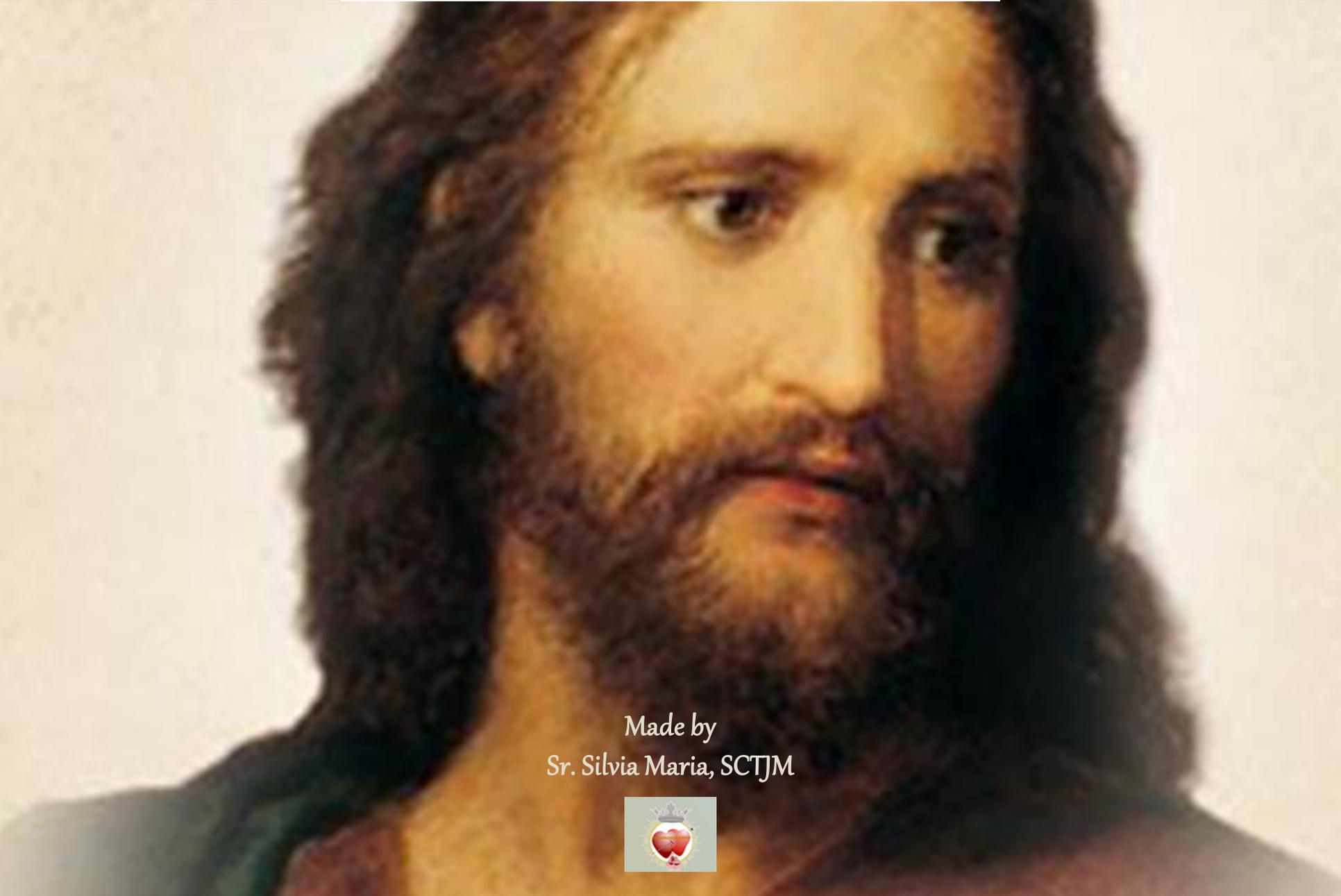


# PRAYER



Made by  
Sr. Silvia Maria, SCTJM



## TYPES OF PRAYER

**Talk to God with your mouth**

(Vocal Prayer)

**Think about God with your mind**

(Meditation)

**Be with God in your soul**

(Contemplation)

**Do all of these with your heart  
& invoking the Holy Spirit**



**1. WHAT**

**2. WHEN**

**3. WHERE**

**4. HOW**



# 1. WHAT



# WHAT IS PRAYER?



A DIALOGUE...  
A COMMUNION





# A DIALOGUE

that must be done

with

the heart-





**AND THE HOLY SPIRIT...**

**COME HOLY SPIRIT!**





**IT IS A  
HEART  
TO  
HEART  
WITH OUR  
LORD**



WHAT  
DOES PRAYER DO?

+Helps us commune with Almighty God, as our Friend, Daddy, Spouse

+Oxygen for the soul.

+Gives us peace

+Guides

+Comforts

+Corrects

+Teaches

+ Heals

+Restores

+Helps us to know God's will

+Gives us the Strength to do it

+Armor in our Battles

+Reminds us we are not alone

Tells us Who we are

Tells us Whose we are+

Transforms us into Who we are listen to.....

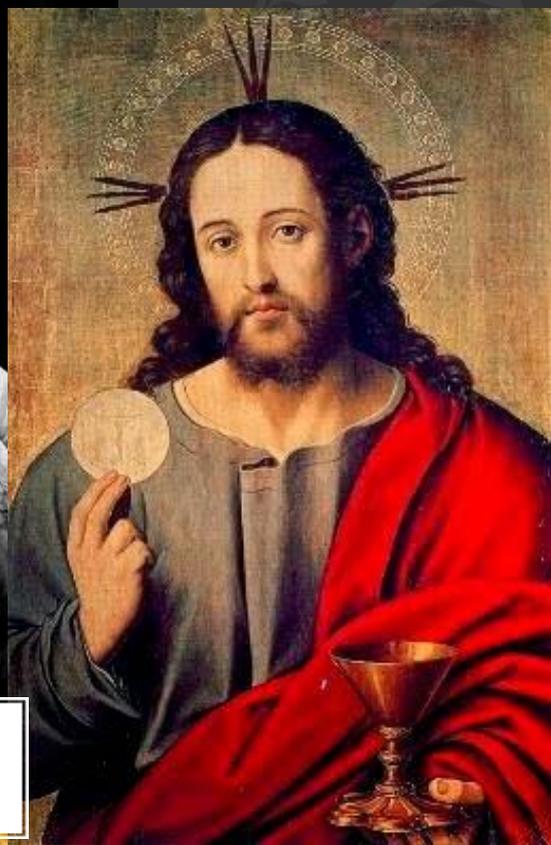
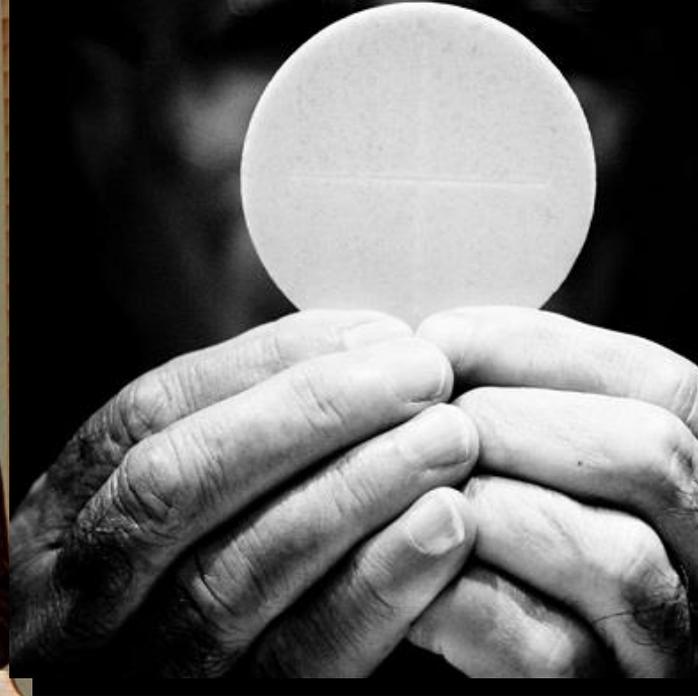


WHAT:  
**KINDS OF PRAYER:**

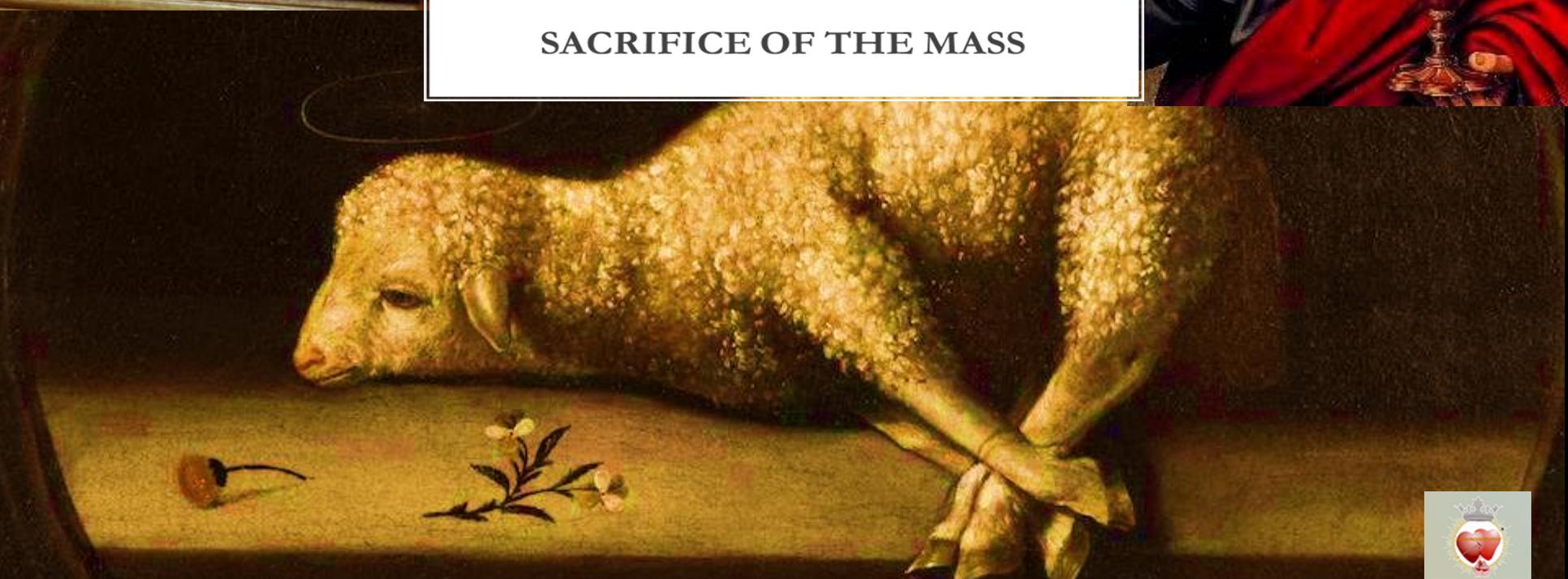


## 5 STONES AGAINST GOLIATH

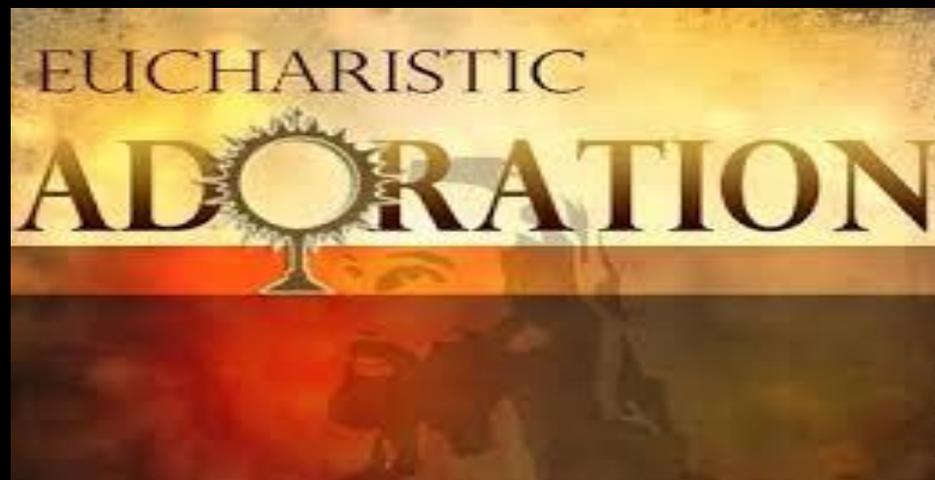


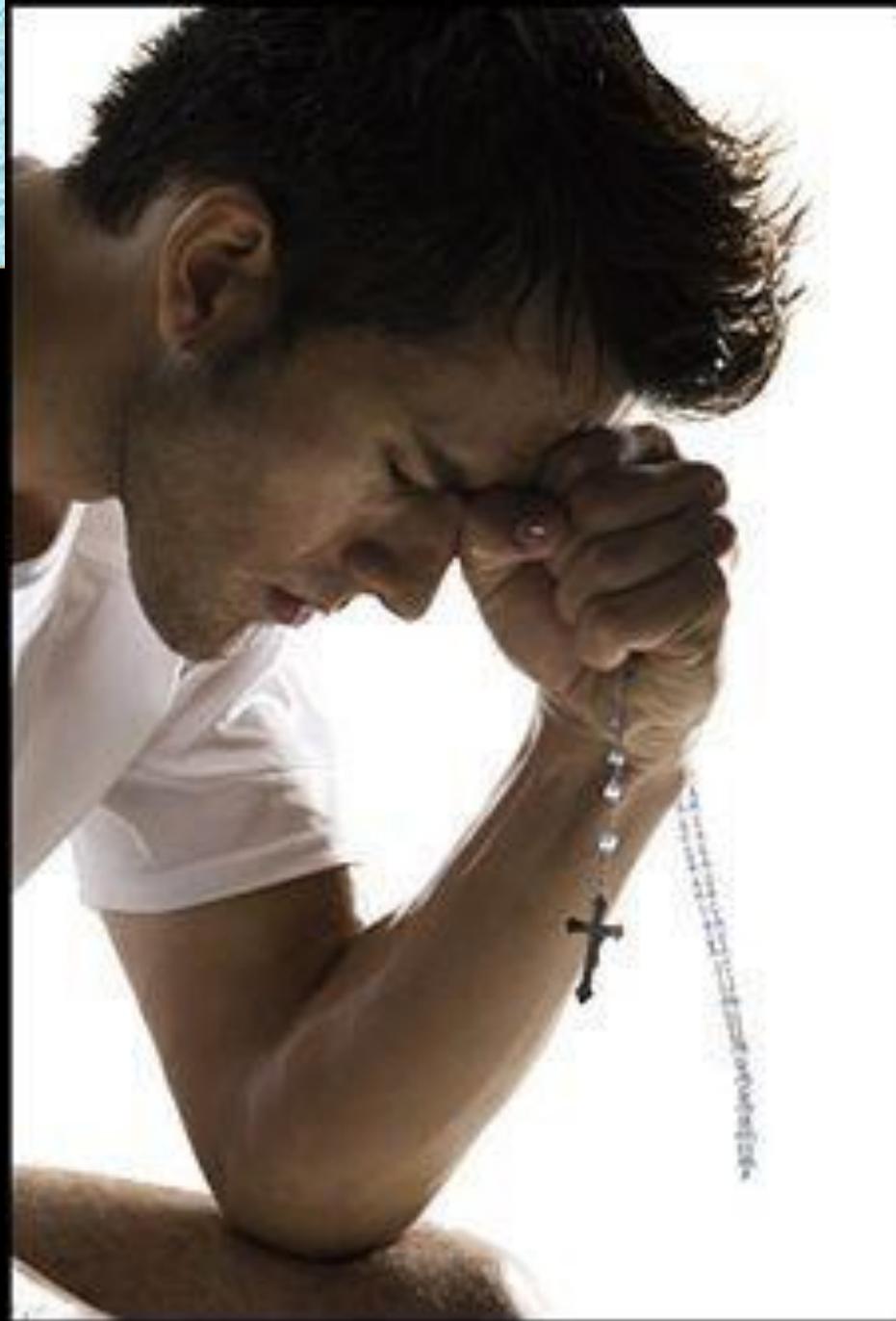


**SACRIFICE OF THE MASS**



# Holy Hour





ROSARY



# RECONCILIATION



CLEAN®



POWER OF PRAYER GET PLUGGED IN



# PLUG INTO THE POWER OF PRAYER AND FASTING

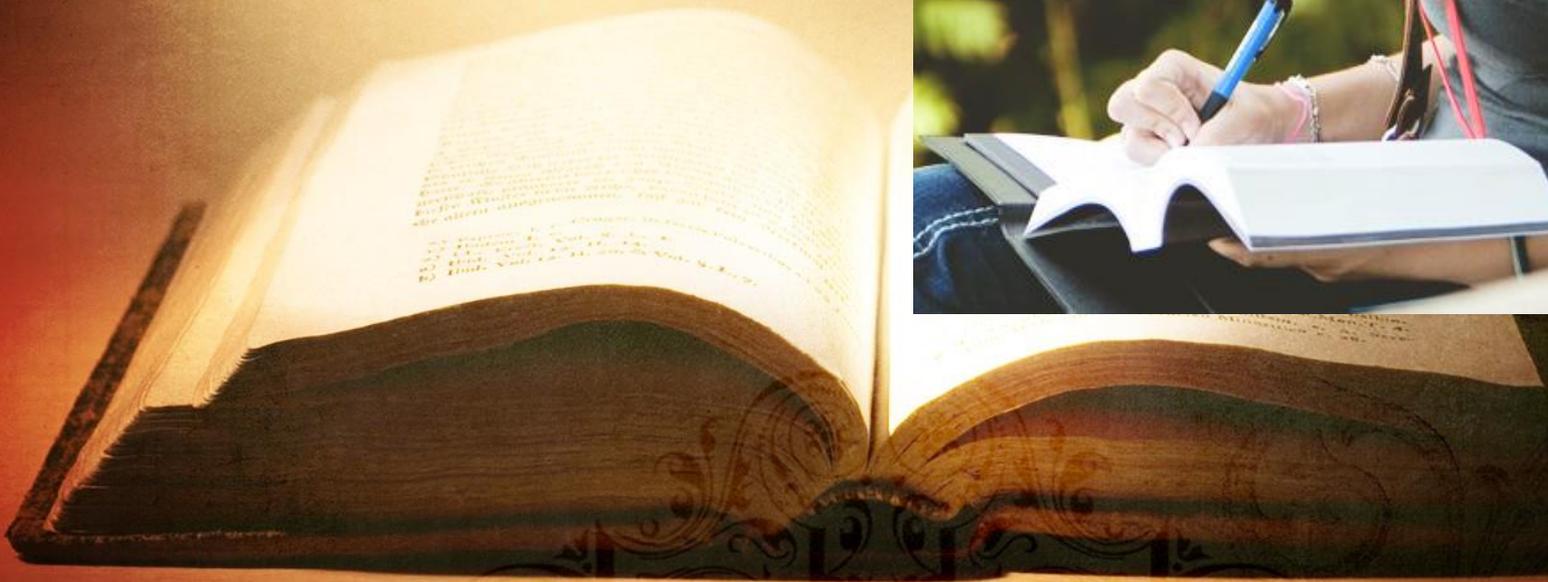
FASTING

“Where there is no prayer and fasting, there are the demons.”

~ St. Theophan the Recluse



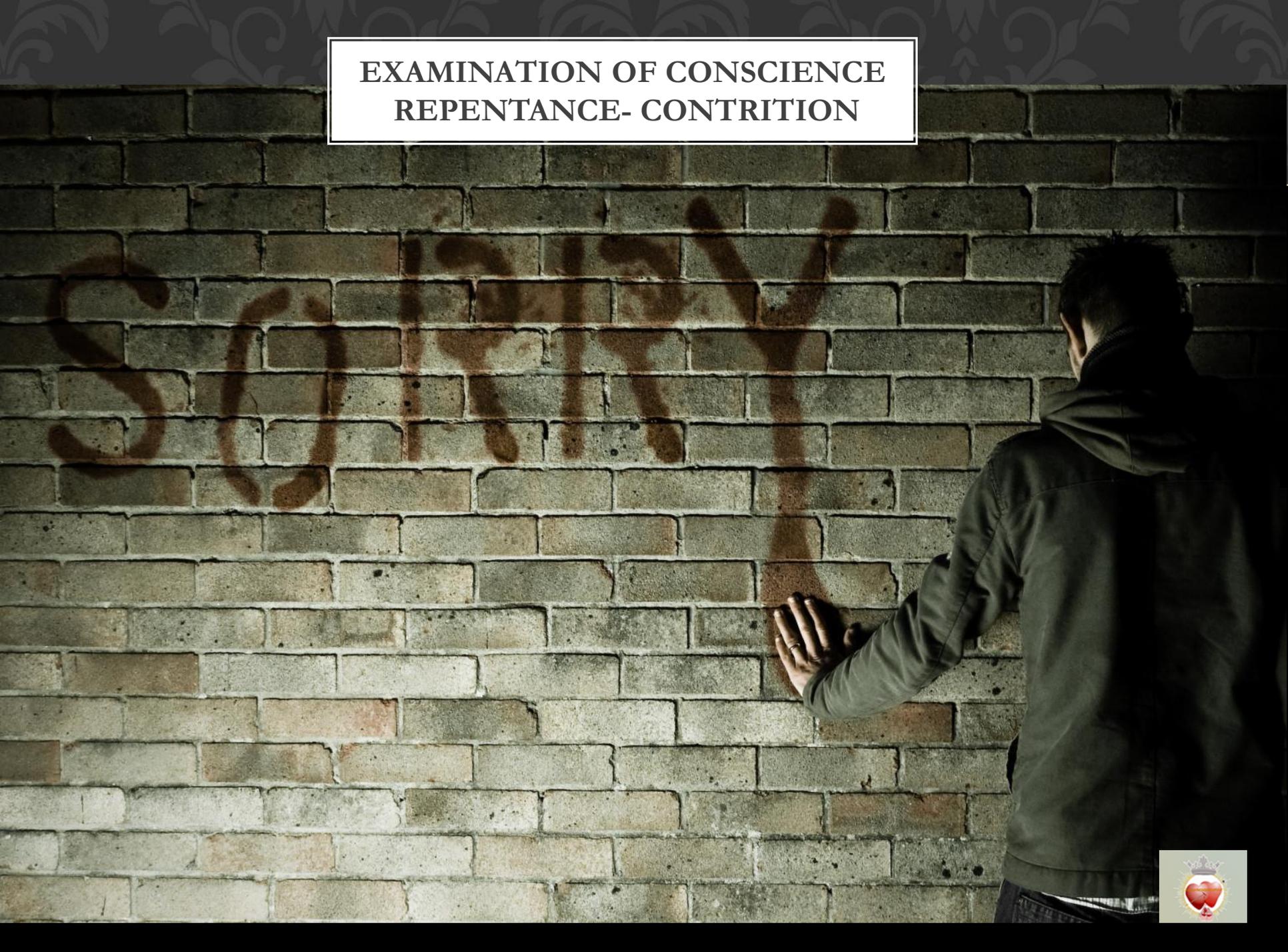
# THE WORD OF GOD



# PRAISE



**EXAMINATION OF CONSCIENCE  
REPENTANCE- CONTRITION**



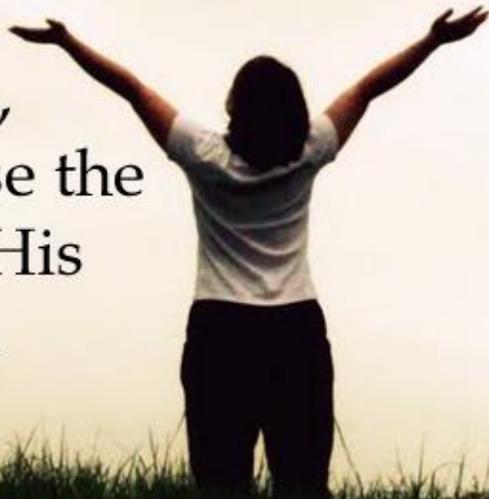
Sometimes the broken road  
is the only way home



# THANKSGIVING

Instead of  
being  
preoccupied  
with our  
problems,  
let's praise the  
Lord for His  
blessings.

[odb.org](http://odb.org)



DEAR GOD  
THANK YOU FOR  
*everything*





# Fatima Prayers *of Reparation*

**OUR BLESSED MOTHER ASKS US TODAY:**

ARE YOU  
WILLING TO OFFER YOURSELVES TO GOD  
AND BEAR ALL THE SUFFERINGS HE WILLS TO SEND YOU,  
AS AN ACT OF REPARATION  
FOR THE SINS BY WHICH HE IS OFFENDED,  
AND OF SUPPLICATION FOR  
THE CONVERSION OF SINNERS?



## REDEMPTIVE SUFFERINGS



# OFFER OUR JOYS



# INTERCESSION



# PLENARY INDULGENCE



# PETITION



## 2. WHEN



AT WHAT TIME OF THE DAY DO  
YOU PRAY?



### **3. WHERE**



IS THIS WHERE YOU PRAY?



If God seems far away,  
guess who  
moved.

**HARDEST DAY TO PRAY IS THE  
DAY AFTER YOU FORFOT TO PRAY**



## 4. HOW



HOW?  
HOW DO *YOU* COMMUNICATE

with

God?



**PRAYER TAKES PRACTICE!**



WAYS THE LORD HAS  
COMMUNICATED WITH *ME*  
*IN SCRIPTURE*

God wants to speak to you through His Word  
But you have to OPEN it



**NEED TO ALWAYS FIRST ASK  
COME HOLY SPIRIT!!!!**



LECTIO DIVINA

THE VIRGIN SHALL  
BLESSED ARE THE POOR  
GIVING THE  
WHOEVER DESIRES TO GO

gospel  
according to

**ΜΑΤΘΑΙΩ**



**HOW THE LORD HAS  
COMMUNICATED WITH THE SAINTS,  
ESPECIALLY ST MARIA FAUSTINA**



**WORDS OF JESUS  
TO ST MARIA FAUSTINA**

**Divine Mercy in My Soul**



**DIARY**

**of Saint Maria Faustina Kowalska**





**JESUS SPEAKS  
TO US THESE SAME  
WORDS TO US  
TODAY**



**Jesus, I Trust in You**



PRAYER:  
CONVERSATION WITH THE LORD

When I feel that the suffering is more than I can bear, I take refuge in the Lord in the Blessed Sacrament and I speak to him with profound silence. (73)



Jesus, living Host, you are my Mother, You are my all! It is with simplicity and love, with faith and trust that I will always come to You, O Jesus! I will share everything with You as a child with its loving Mother, my joys and sorrows- in a word, everything (230)

At that moment Jesus asked me, “My child, how is your retreat going? I answered, “But Jesus, You know how it is going.” Yes I know, but I want to hear it from your own lips and for your heart. (295)



**PRAYER: CONVERSATION WITH  
THE LORD**

I will tell you the most when you converse with Me in the depths of your Heart. (581)

When you reflect upon what I tell you in the depths of your heart, you profit more than if you had read many books. Oh, if souls would only want to listen to My voice when I am speaking in the depths of their hearts, they would reach the peak of holiness in a short time. (584)

I am pleased what you confide your fears to Me, My daughter; Speak to Me about everything in a completely simple and human way; by this you will give Me great joy. I understand you because I am God-Man. This simple language of your heart is more pleasing to Me than the hymns composed in My honor. Know My daughter, that the simpler your speech is, the more you attract Me to yourself. And now, be at peace close to My Heart (797).



**PRAYER - CONVERSATION WITH  
THE LORD**

**Tell me all, My child, hide nothings from Me, because My loving Heart, the Heart of your Best Friend, is listening to you. (1486)**

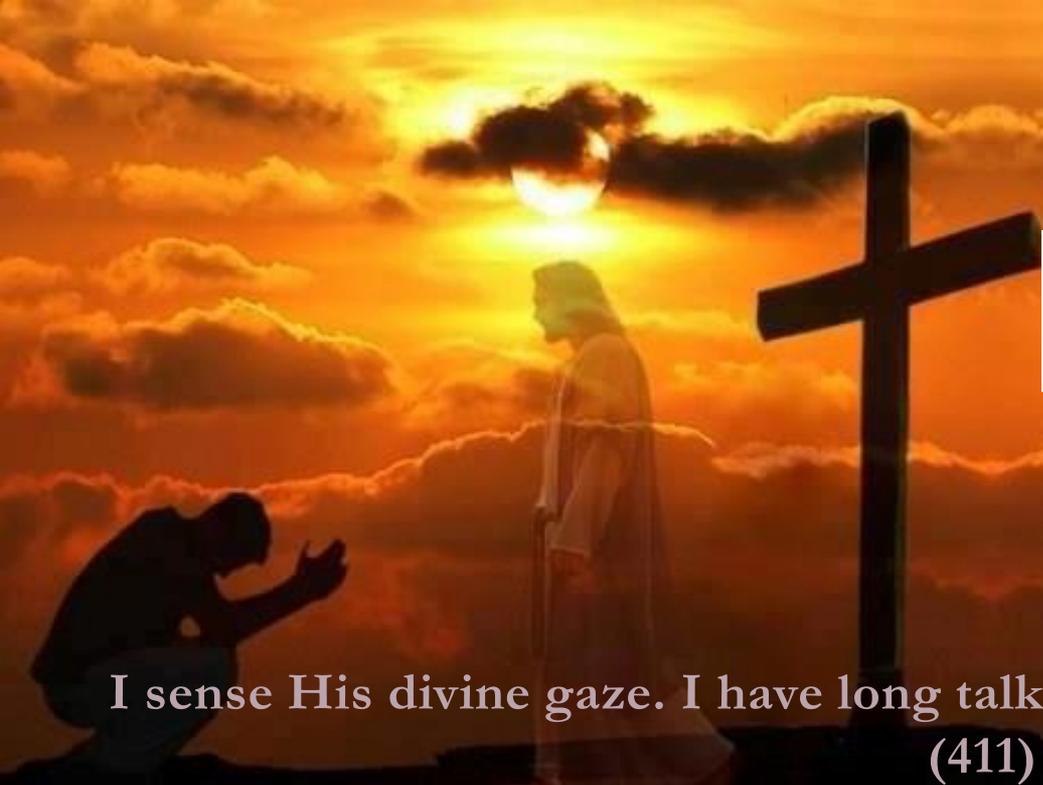
**But tell Me, My child, who has dared to wound your heart? Tell Me about everything, be sincere in dealing with Me, reveal all the wounds of your heart. I will heal them, and your suffering will become a source or your sanctification (1487)**

**Talk to Me simply, as a friend to a friend. (1487)**

**Let us talk confidently and frankly , as 2 hearts that love one another do. (1489)**

**I went for a long talk with the Lord Jesus... .I poured out my whole heart before Him, all my troubles, fears and apprehensions. Jesus lovingly listened to me and then said: Be at peace, My child, I am with you (1674).**





**PRAYER- GAZE OF THE LORD**

I sense His divine gaze. I have long talks with Him without saying a word.  
(411)

I know the gaze of the Mighty One rests upon me. (708)

Under His loving gaze, my soul gains strength and power and an awareness that it loves and is especially loved. It knows that the Mighty One protects it. Such prayer, though short, benefits the soul greatly, and whole hours of ordinary prayer do not give the soul that light which is given by a brief moment if this higher form of prayer. (815)



## PRAYER -INTERCESSION

Gather all sinners from the entire world and immerse them in the abyss of My mercy.... On the day of My Feast, the Feast of Mercy, you will go through the whole world and bring fainting souls to the Spring of My Mercy. I shall heal and strengthen them (206)

My daughter, don't be exerting yourself so much with words. Those whom you love in a special way, I too love in a special way, and for your sake, I shower My graces upon them. I am pleased when you tell Me about them, but don't be doing so with such excessive effort. (739)

The loss of each soul plunges Me into mortal sadness. You always console Me when you pray for sinners. The prayer most pleasing to Me is prayer for the conversion of sinners. Know my daughter, that this prayer is always heard and answered. (1397).





## PRAYER AS INTERCESSION

**Pray as much as you can for the dying. By your entreaties, obtain from the trust in my mercy., because they have most need of trust, and have it the least. Be assured that the grace of eternal salvation for certain souls in the final moment depends upon your prayer.**

**You know the whole abyss of My mercy, so draw upon it for yourself and especially for poor sinners. Sooner would haven and earth turn into nothingness than would My mercy not embrace a trusting soul. (1777).**



## PRAYER RECOLLECTION-SILENCE

I will not allow myself to be so absorbed in the whirlwind of work so as to forget about God. (82)

Great are the faults committed by the tongue. The soul will not attain sanctity if it does not keep watch over its tongue. (92)

In order to hear the voice of God, one has to have silence in one's soul and to keep silence; not a gloomy silence, but an interior silence; that is to say, recollection in God. One can speak a great deal without breaking silence and, on the contrary, one can speak little and be constantly breaking silence.... God does not give himself to a chattering soy which like a drone in a beehive, buzzes around and gathers no honey. A talkative souls is empty inside. (118)



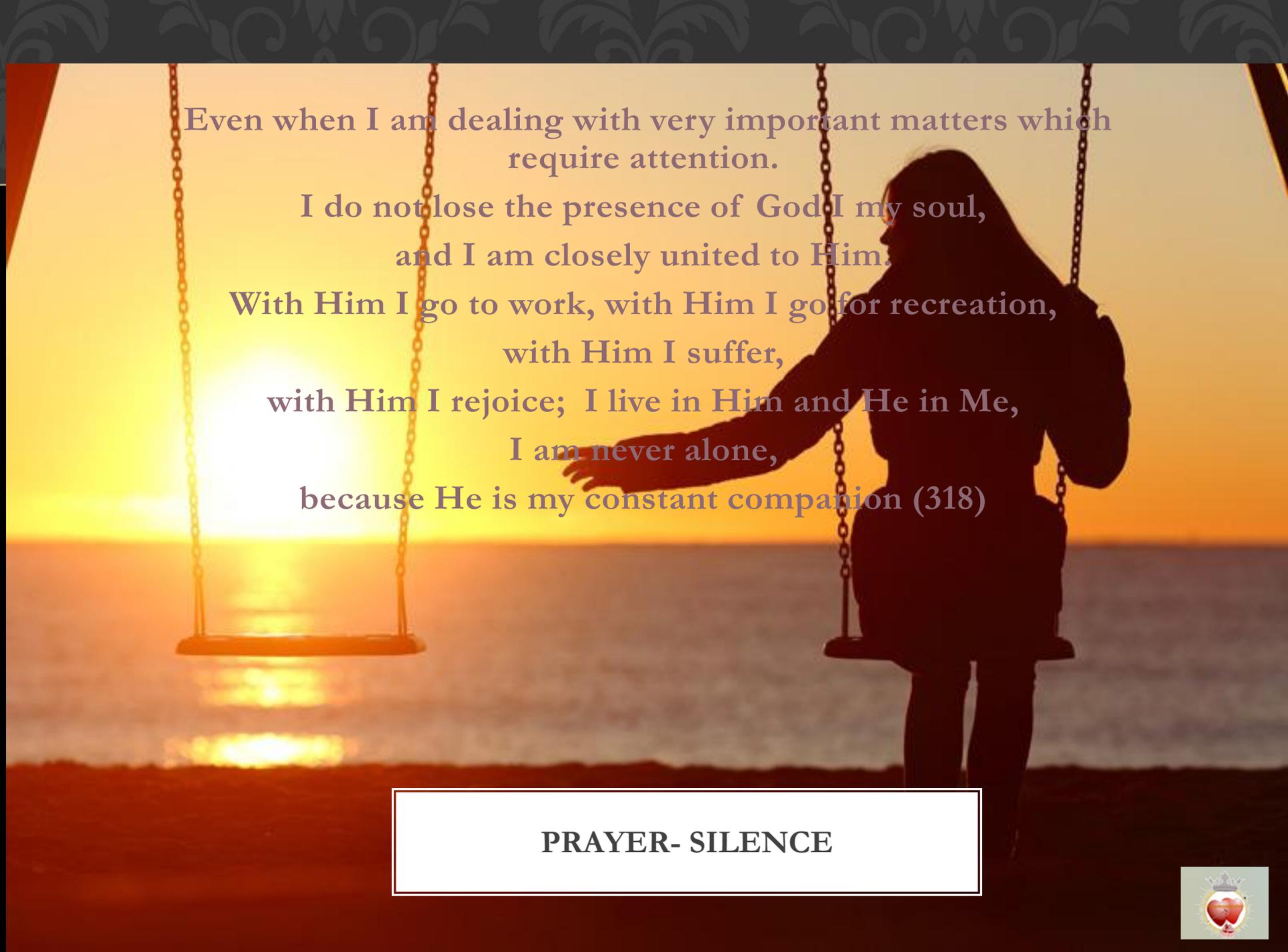
A person wearing a red hooded jacket and a red backpack is seen from behind, looking out over a vast, hazy landscape. The person is standing on a hillside, and the background shows rolling hills and a few trees under a pale sky. The entire image has a light blue tint.

## PRAYER-SILENCE

I spoke much with the Lord without uttering a single word. (137)

The soul that reflects receives much light. A distracted soul runs the risk of a fall.... But for the Spirit of God to act in the soul, peace and recollection are needed (145).



A woman is sitting on a swing, looking out at the ocean during a sunset. The sun is low on the horizon, creating a warm, golden glow. A man's hand is visible on her shoulder, suggesting a moment of connection or support. The background shows the ocean and a dark sky.

Even when I am dealing with very important matters which  
require attention.

I do not lose the presence of God I my soul,  
and I am closely united to Him.

With Him I go to work, with Him I go for recreation,  
with Him I suffer,  
with Him I rejoice; I live in Him and He in Me,  
I am never alone,  
because He is my constant companion (318)

**PRAYER- SILENCE**



My Jesus how little these people talk about You. They talk about everything but You, Jesus. And if they talk so little about you, it is quite probable that they do not think about you at all.

The whole world interests them; but about You, their Creator, there is silence. Jesus, I am sad to see this great indifference and ingratitude of creatures. O my Jesus I want to love You for them and to make atonement to You, by my love (804)



## PURITY OF INTENTION

One thing alone is needed to please God; to do even the smallest things out of great love. (140)

The soul must divert the stream of its love, but not into the mud or into a vacuum, but into God (373)

The greatest works are worthless in My eyes if they are done out of self-will, and other they are not in accord with My will and merit punishment, rather than reward. (639)

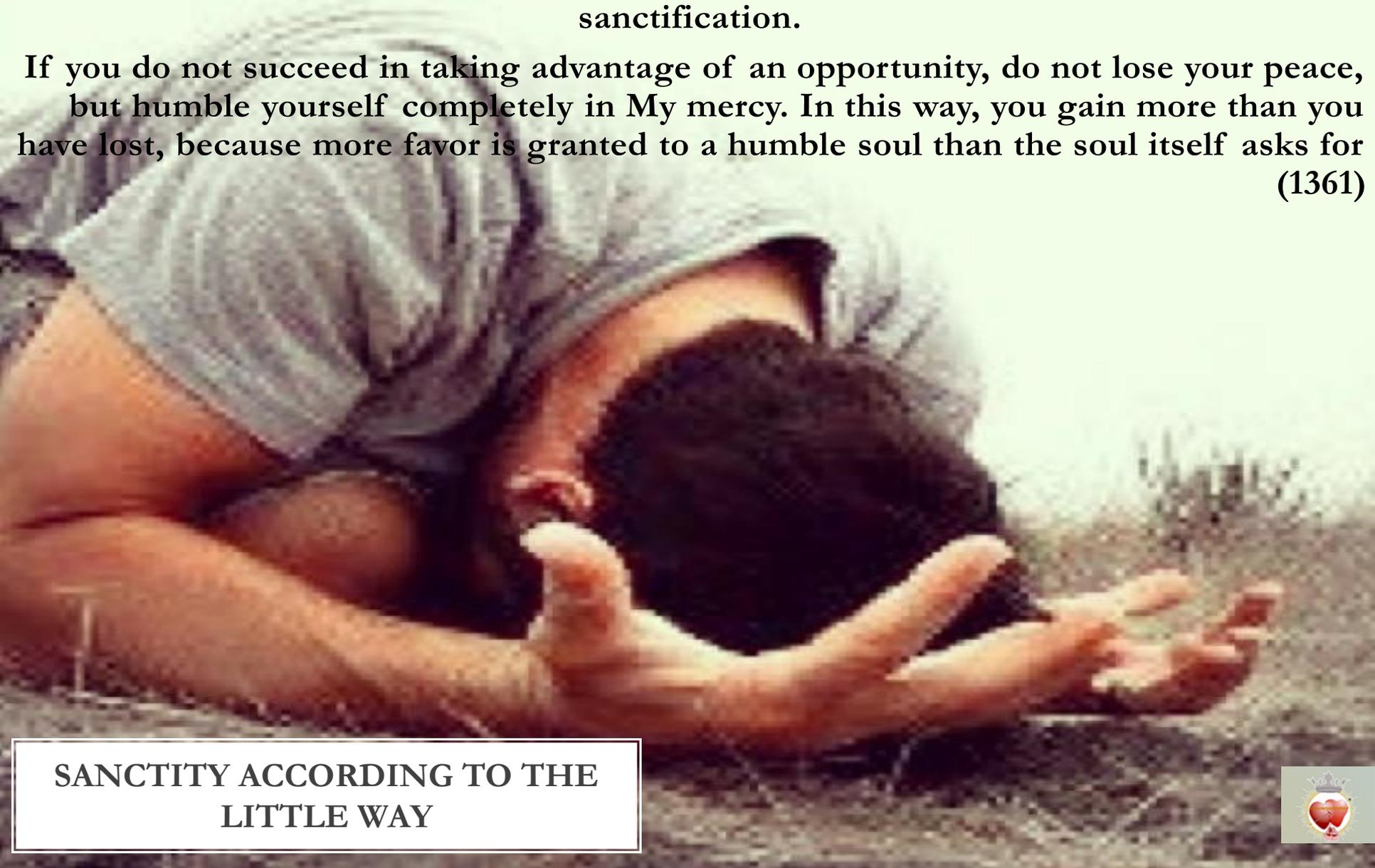
Put your self love in the last place, so that it does not taint your deeds. (1760)

I always consider what is more pleasing to Jesus. (380)



**This firm resolution to become a saint is extremely pleasing to Me.  
I bless your efforts and will give you opportunities to sanctify yourself.  
Be watchful that you lose no opportunity that My providence offers for your  
sanctification.**

**If you do not succeed in taking advantage of an opportunity, do not lose your peace,  
but humble yourself completely in My mercy. In this way, you gain more than you  
have lost, because more favor is granted to a humble soul than the soul itself asks for  
(1361)**



**SANCTITY ACCORDING TO THE  
LITTLE WAY**



## SUFFERING

Suffering is a great grace; through suffering the soul becomes like the Savior; in suffering love becomes crystalized; the greater the suffering, the purer the love. (57).

You are not living for yourself but for souls, and other souls will profit from your sufferings. Your prolonged suffering will give them light and strength to accept God's will. (57)

It is not for the success of a work but for the suffering that I give reward. (90)



## SUFFERING

I see that God never tries us beyond what we are able to suffer. Oh, I fear nothing; if God sends such great suffering to a soul. He upholds it with even greater grace, although we are not aware of it. One act of trust as such moments gives greater glory to God than whole hours passed in prayer filled with consolations. (78)

In suffering I must be patient and quiet, knowing that everything passes in time. (253)

True works of God always meet opposition and are marked by suffering (270)



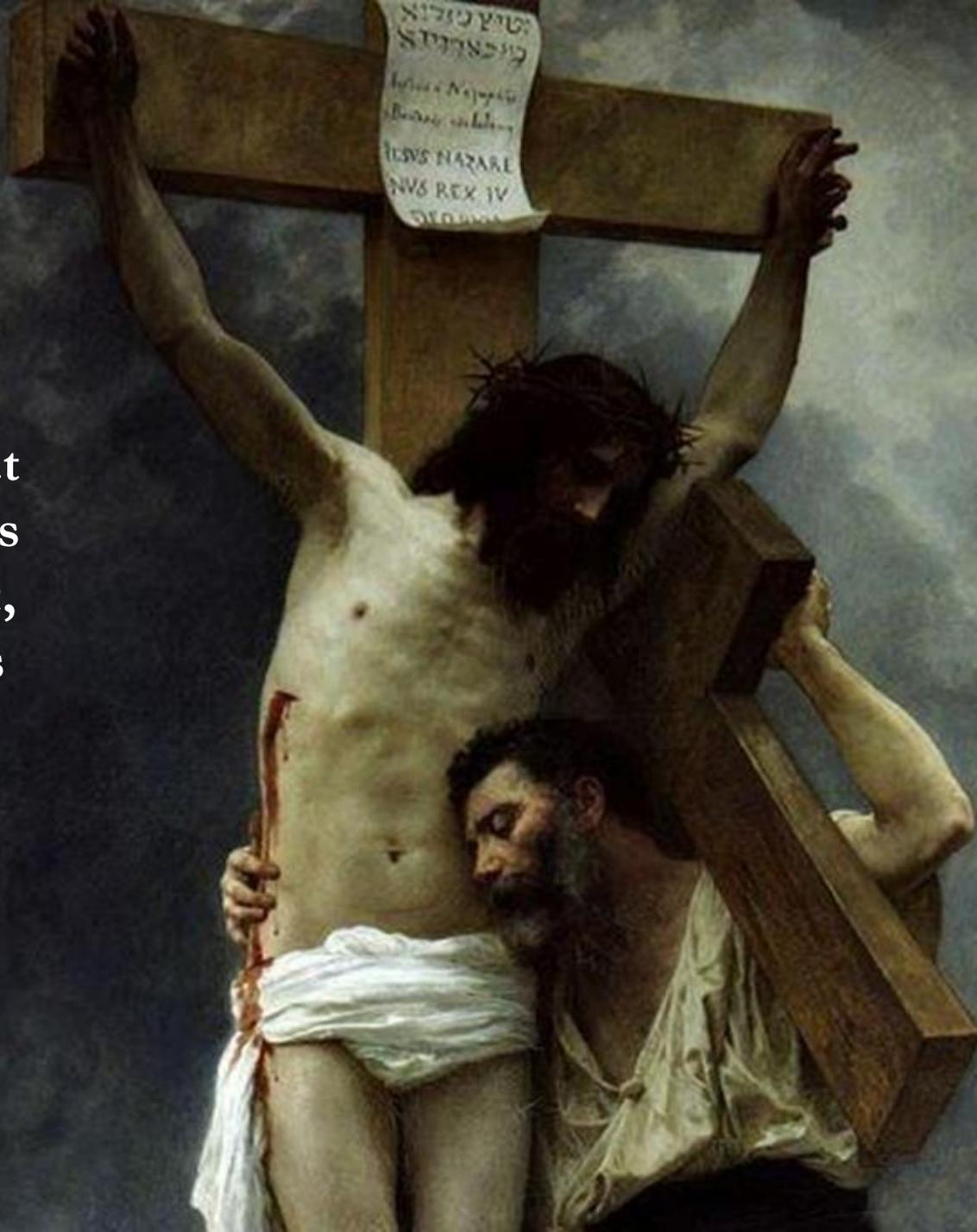


Once when I was suffering greatly, I left my work and escaped to Jesus and asked Him to give me strength. After a very short prayer I returned to my work filled with enthusiasm and joy. Then one of the sister said to me, You must have many consolations today, Sister; you look radiant. Surely God is giving you no suffering, but only consolations.: You are greatly mistaken, sister. I answered. “For it is precisely when I suffer much that my joy is greater; and when I suffer less, my joy is also less. “ However, she did not understand so I tried to explain:

When we suffer much we have a greater chance to show God that we love Him; but when we suffer little we have less occasion to show God our love; and when we do not suffer at all, our love is then neither great nor pure. By the Grace of God, we can attain a point where suffering will become a delight to us, for love can work such things in pure souls. (303).



There is  
one price at  
which souls  
are bought,  
and that is  
suffering  
united to  
My  
suffering  
on the  
Cross.  
(324)





Then I saw the Lord Jesus nailed to the Cross. When He has hung on it for a while, I saw a multitude of souls crucified like Him. Then I saw a second multitude of souls, and a third. The second multitude were not nailed to their crosses, but were holding them firmly in their hands. The third were neither nailed o their crosses nor holding them firmly in their hands, but were dragging their crosses behind them and were discontent.

Jesus then said Do you see these souls? Those who are like Me in the pain and contempt they suffer will be like Me also in glory. And those who resemble Me less in pain and contempt will also bear less resemblance to e in glory. (446)



I HAVE BEEN CRUCIFIED WITH CHRIST  
AND I NO LONGER LIVE, BUT CHRIST LIVES IN ME.  
THE LIFE I NOW LIVE IN THE BODY,  
I LIVE BY FAITH IN THE SON OF GOD,  
WHO **LOVED** ME AND  
GAVE HIMSELF FOR ME.

GALATIANS 2:20



My daughter, suffering will be a sign to you that I am with you (669)

You will save more souls through prayer and suffering than will a missionary through his teachings and sermons. (1767)



# TRUST



Oh Blood and Water  
which gushed forth  
from the heart of Jesus  
as a fount of Mercy  
for us,  
I trust in you!  
(84, 187)



# TRUST



Why do souls avoid you Jesus?- I don't understand that.  
(57)



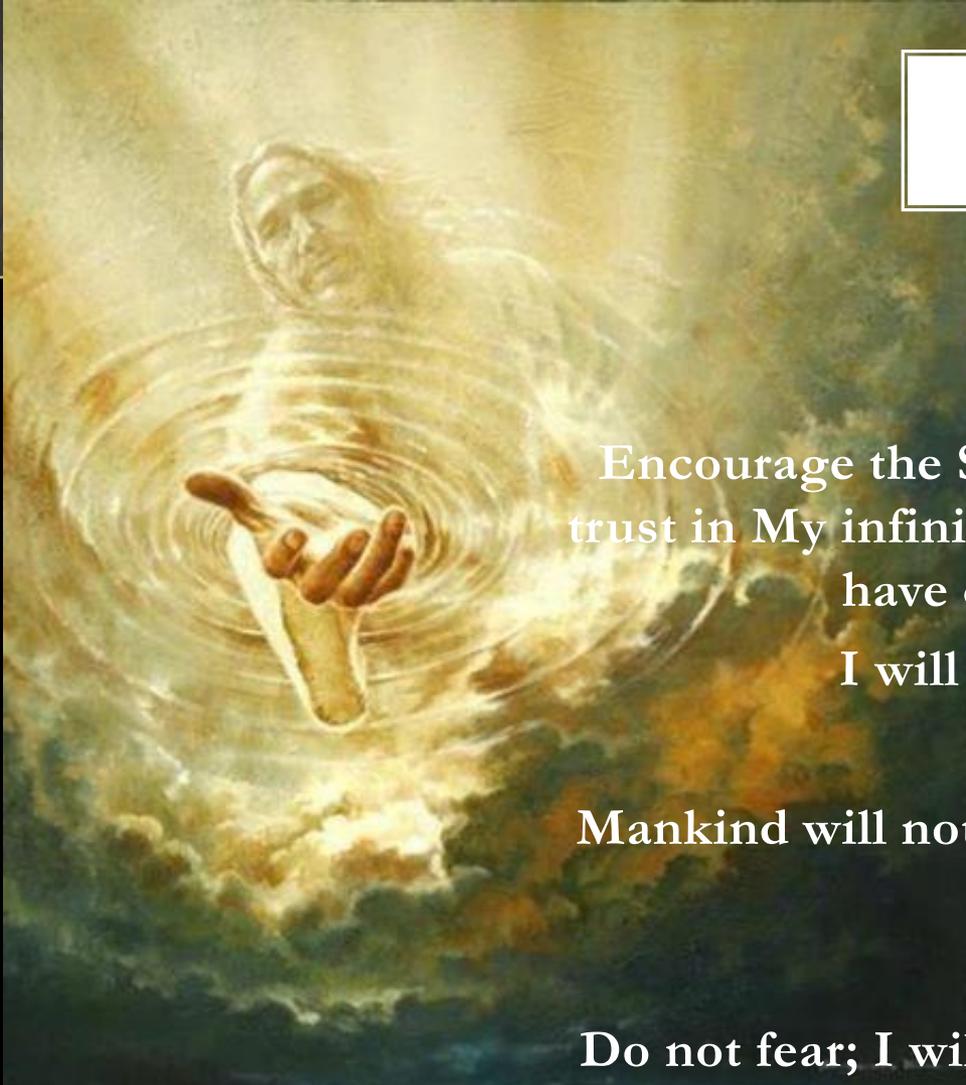
## TRUST

The flames of mercy are burning Me—  
Clamoring to be spent, I want to keep  
pouring them out upon souls; souls  
just don't want to believe in My  
goodness (177)

Once when I was deeply moved by the  
thought of eternity and its mysteries,  
my soul became fearful; .... I started  
to be troubled by various doubts. Then  
Jesus said to me My child, do not be  
afraid of the house of your Father.  
Leave these vain inquiries to the wise  
of the world. I want to see you always  
as a little child. (290)



## TRUST



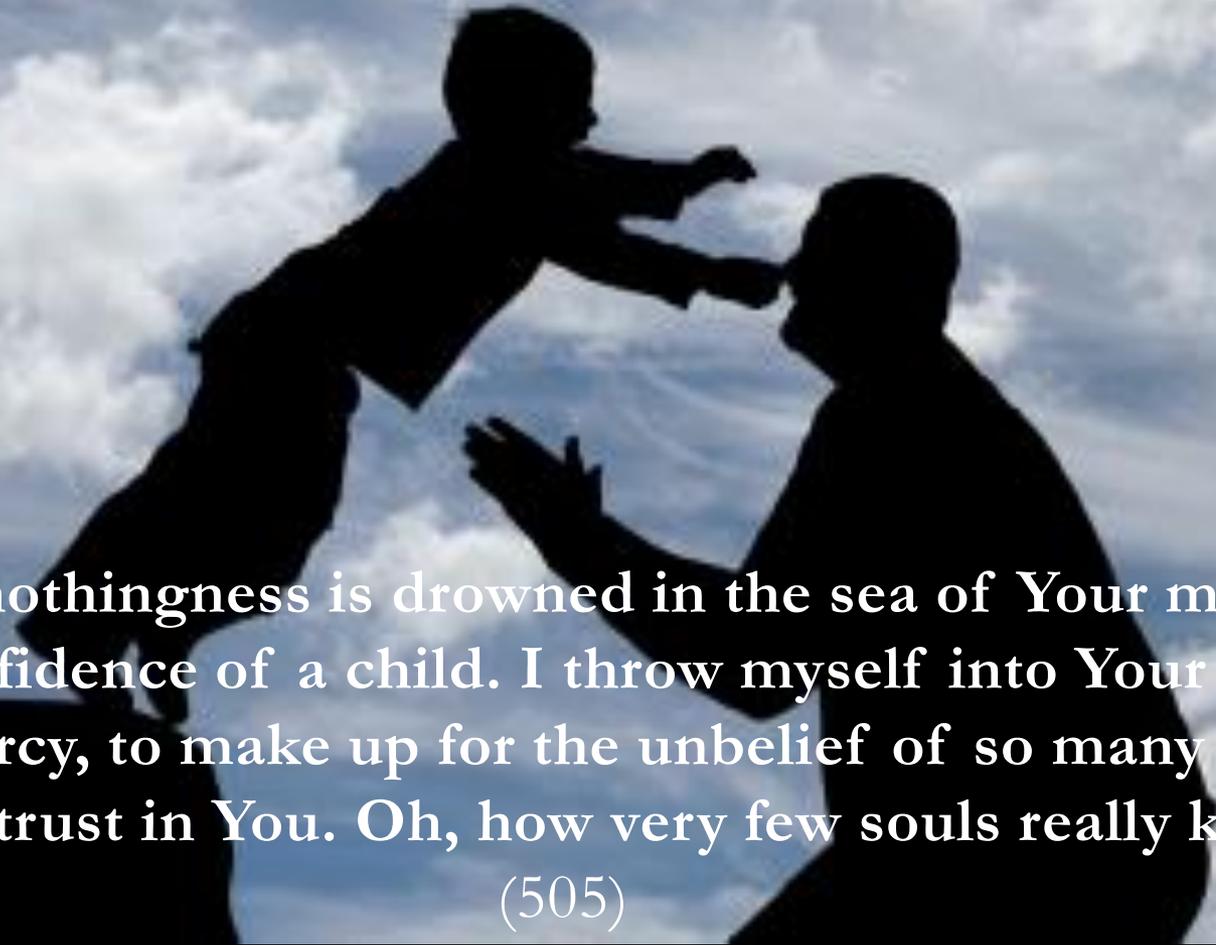
Encourage the Soul with whom you come in contact to trust in My infinite Mercy. Oh how I love those souls who have completer confidence in Me-  
I will do everything for them (294)

Mankind will not have peace until it turns with complete trust in My mercy (300)

Do not fear; I will make up for everything that is lacking in you (435)

Why are you afraid do you think that I will not have enough omnipotence to support you? (527)





All my nothingness is drowned in the sea of Your mercy.  
With the confidence of a child. I throw myself into Your arms, Oh  
Father of Mercy, to make up for the unbelief of so many souls who  
are afraid to trust in You. Oh, how very few souls really know You!

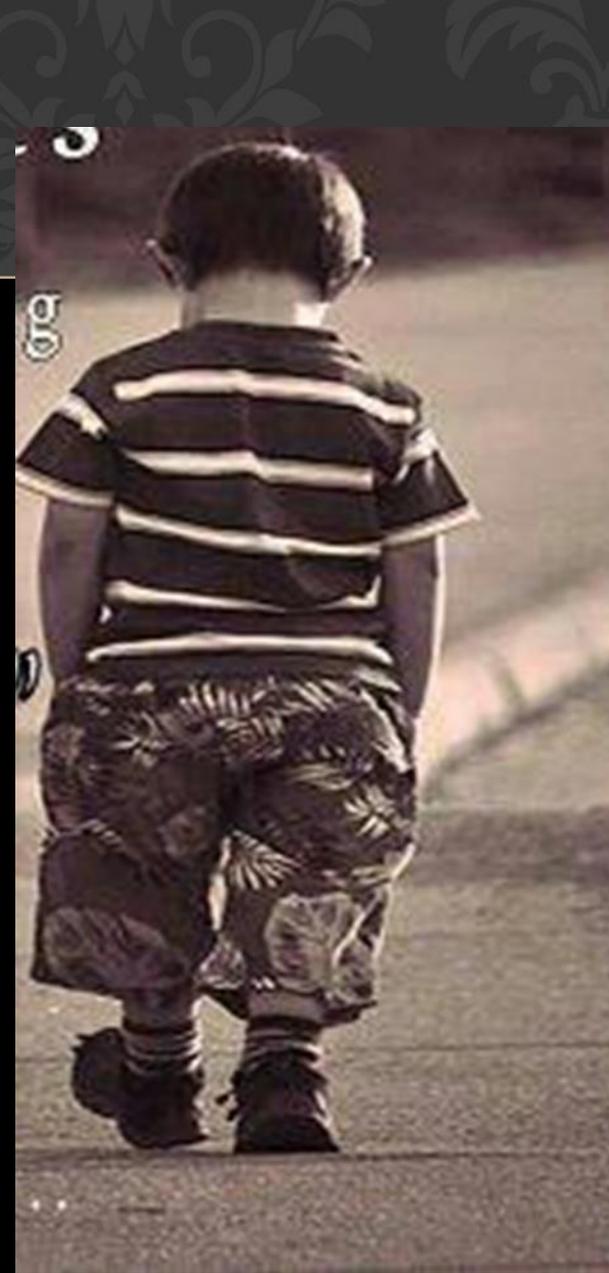
(505)

The soul gives greatest glory to its Creator when it turns  
with trust to Divine Mercy. (930)



## TRUST

**My Child you should  
know how to master  
yourself  
amid the greatest  
difficulties,  
and let nothing drive you  
away from Me,  
not even  
your falls.  
(1823)**



## MOTHER ADELA, FOUNDRRESS



MM\_4889.MP4

I am love and Mercy  
itself.  
When a soul approaches  
Me with Trust,  
I fill it with such an  
abundance of graces  
that it cannot contain  
them within itself  
but radiates them  
to other souls.  
(1074)





**My child, do you fear the God of mercy? My holiness does not prevent Me from being merciful. Behold, for you I have established a throne of mercy on earth—the Tabernacle— and from this throne I desire to enter your heart. I am not surrounded by a retinue as guards. You can come to me at any moment, at any time; I want to speak to you and desire to give you grace (1485)**



I have  
a plan.

Do you  
TRUST  
me?

-God



# PRAYER IS





INTIMACY  
WITH  
GOD

A PIECE OF  
HEAVEN



**WANT A PRAYER THAT WILL  
CHANGE YOUR LIFE?**

**SHOW ME LORD  
YOUR ETERNAL LOVE...  
FOR ME!**





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