



PRAY every Day

Daily prayer is as essential for Christians as breathing. We are followers of a person. Therefore, it makes sense that we spend time every day talking to the person our whole faith revolves around: Jesus.

But what is prayer? St. Teresa of Avila says: *“Prayer is simply spending time every day talking with Him whom I love.”*

You can talk to Jesus like you talk to your best friend, your spouse, or your parent. He wants to be as important to you as those people are. Everything you long for in life comes from Jesus. So, spend some time every day getting to know Him – talking to Jesus about the joys and struggles of your life, and listening to what He has in mind for you.

We see in the Gospels that Jesus frequently went off by Himself to a deserted place to pray. If Jesus Christ needed quiet time to pray and connect with God, how much more do we?

Habit 1



PRAY
every Day



SAINT DOMINIC
CATHOLIC PARISH

A Simple Recipe for Daily Prayer: Notice. Tell. Invite. Listen.

NOTICE what you are feeling or what's on your mind.

TELL Jesus all about it.

INVITE His input and help.

LISTEN for His response.

Brief Example: Jesus, I'm anxious about my day today because I have so much to do and not enough time. Please Jesus, help me get it all done and give me peace so I don't get overwhelmed. Jesus, what do you want to tell me about this? (Sit in silence and listen for His response.)

Tips and Tricks to Make Daily Prayer Happen:

- Put a sticky note on your phone, coffee pot, laptop, backpack, folder, or anywhere you will see it
- Set an alarm on your phone with "PRAY!" designated
- Work it into your current routine (like during family dinner or while brushing teeth)
- Schedule it on your go-to calendar