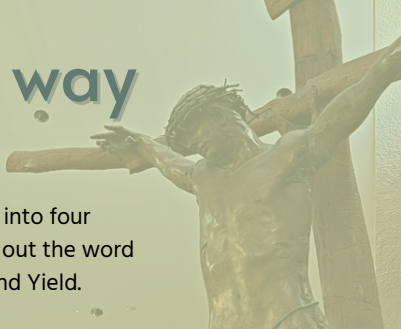


# The easy way to pray!



The PRAY method is broken into four steps, conveniently spelling out the word PRAY: Praise, Reflect, Ask, and Yield.

This framework will provide a foundation if you are new to prayer. This can be done by yourself or with your family. Start by doing each step in one-minute increments and increasing the time as your capacity for this method of prayer grows!

Remember, the goal of prayer is to be in union with God. Prayer is not a formula, but rather a simple conversation with God. Prayer does not help your relationship with God; prayer is your relationship with God!

## PRAISE + Sign of the Cross

Acknowledge the goodness of God and praise Him for His unending love. "God, I love you and praise your name. Thank you for..."

## REFLECT

Call to mind your day or week and reflect on the moments when you glorified God and perhaps the times you failed.

## ASK

Use this time to ask God to provide for your needs and the needs of your family.

## YIELD

This next step does not demand anything! Simply pause and take a moment to be still and listen to God.

## PRAYER FOR YOUR FAMILY

O Dear Jesus, we invite you into our family. May our home be shrines of peace, purity, love, and faith. Protect and bless all of us, absent and present, living and dead. O Mary, loving Mother of Jesus, bring our prayers for our family and all the families of the world to your Son, Jesus. Blessed Saint Joseph, holy guardian of Jesus and Mary, assist us by your prayers in all the needs of life. Amen.

Please consider taking this prayer card to use at home. Find out all the ways we are spiritually nurturing your family here at Good Shepherd!

[www.gsc.net/familyunit](http://www.gsc.net/familyunit)

## PRAYER BEFORE MASS

Dear Lord, calm my heart and help me stay attentive today so that I may worship you during this Mass. Give me grace to receive Jesus worthily in Holy Communion so that I may one day see him face to face in glory. Amen.

## PRAYER AFTER MASS

Jesus, our Good Shepherd, we praise your name. Thank you for nourishing us with your word and body. Send us today to be your light in this world. Bless our eyes to see you in all people and things. Bless our ears to listen to your voice. Bless our mouths to share truth.. Bless our hands to do works of charity. Bless our feet to walk in the way of our Good Shepherd. Thank you Jesus for guiding, guarding, and protecting us. Amen.

## PRAYER TO ST. MICHAEL

St. Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil; May God rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all evil spirits who prowl about the world seeking the ruin of souls. Amen.

## PRAYER FOR VOCATIONS

Jesus, you are the Good Shepherd. You know each of us and call us by name. Help us to respond generously to your voice by opening our hearts to discern your holy will. We pray especially for those you are calling to serve the church as priests, deacons, sisters, and brothers. Give courage and guidance to all, so that we may respond to your call and serve you devoutly. Amen.

## THE MEMORARE

O Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence, we fly unto thee, O Virgin of virgins, our Mother. To thee do we come, before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in thy mercy hear and answer us. Amen.

