

## DAILY PRAYER, DAILY BREAD

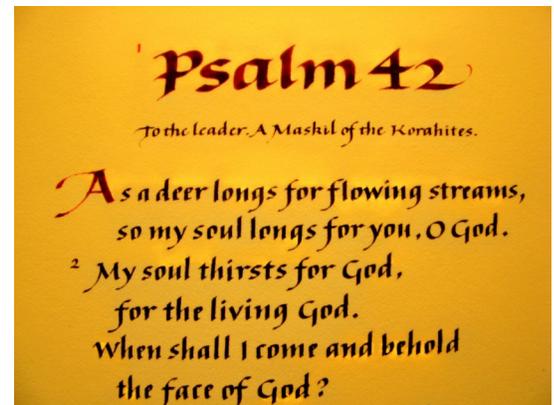


### A conversation with Mary Stommes

Mary Stommes is the editor of *Give Us This Day: Daily Prayer for Today's Catholic* (Liturgical Press). Prior to the launch of *Give Us This Day* in 2011, she was managing editor at Liturgical Press. She and her husband are the parents of four and grandparents of three.

## 1. Why is daily prayer important?

- ⇒ Since the 500s, Benedictine monks have begun and ended every day with prayer
  - The "Rule of Benedict" calls for spending hours in prayer and sacred reading (*lectio divina*)
  - Can we still do that today?
- ⇒ Prayer deepens our awareness of God
- ⇒ Prayer is a path to humility
- ⇒ "Prayer is the encounter of God's thirst with ours. God thirsts that we may thirst for him." (*Catechism of the Catholic Church*, 2560)



Saint John's Bible exhibit; photo by Randy OHC, CC BY 2.0

## 2. What are some forms of daily prayer?

*see Catechism of the Catholic Church, 2626-2643*

1. Blessing and adoration
2. Petition
3. Thanksgiving
4. Praise

### Psalms (Liturgy of the Hours)

- Lament
- Thanksgiving
- Praise

"Walking the Labyrinth" by zoxcleb, CC BY 2.0

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### 3. How can you help catechumens develop a practice of daily prayer?

#### EXPLORE VARIOUS WAYS TO PRAY

1. Communal prayer
2. Private prayer
3. Traditional prayers
4. Spontaneous prayer
5. Gesture
6. Song
7. Meditation
8. Contemplation

#### PRACTICE PRAYER HABITS

1. Pray for help to pray
2. Schedule a time
3. Pick a place
4. Use a prayer book
5. Use a prayer list
6. Use a rosary
7. Use a mantra
8. Pray while you work
9. Bless people and things

#### BE AN EXAMPLE

1. Develop your own prayer life
2. Talk about your joys and struggles with prayer
3. Talk about your prayer mentors
4. Talk about the ways and times Jesus prayed
5. Talk about the way the saints prayed
6. Ask the sponsors to regularly pray with the catechumens

*"It is possible to offer fervent prayer even while walking in public or strolling alone, or seated in your shop, . . . while buying or selling, . . . or even while cooking."*

— Saint John Chrysostom

"Contemplation" by Timothy Tolle, CC BY 2.0

### 4. How would the world be changed if we all prayed daily?

#### **"A courageous prayer,**

that struggles to achieve a miracle, not prayers of courtesy, 'Ah, I will pray for you,' I say an Our Father, a Hail Mary and then I forget. No: a courageous prayer, like that of Abraham, who struggled with the Lord to save the city, like that of Moses who held his hands high and tired himself out, praying to the Lord, like that of many people, so many people who have faith and pray with faith.

Prayer works wonders, but we have to believe!"

—Pope Francis