

Prayerful and Sacred Silence before Mass

This guide can be an aid in hearing Jesus' voice and speaking with him as you prepare for Holy Mass. I invite you to pray one of the prayers below so that you can more fully participate in the sacred mysteries.

Anima Christi

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O Good Jesus, hear me. Within your wounds hide me. Permit me not to be separated from you. From the wicked foe, defend me. At the hour of my death, call me and bid me come to you, that with your saints I may praise you for ever and ever. Amen.

Lectio Divina

- 1. Reading** (*lectio*) Choose one of the Sunday readings, and read it several times, leaving room for the Holy Spirit to call your attention to a word, phrase, or line that God wants you to hear.
- 2. Meditation** (*meditatio*) Think about the word or words that the Holy Spirit has called to your attention, holding them in your mind and considering them from different angles.
- 3. Prayer** (*oratio*) Respond to the sacred words in prayer, either silently or in writing.
- 4. Contemplation** (*contemplatio*) Rest in God's presence, quieting yourself and listening for God's response to your prayer.



Daily Readings- USCCB

Our prayers are our way of communicating with God in a personal and familiar way. When we pray, we reinforce our relationship with Jesus Christ, and we strengthen our bond as a son or daughter of God.

P.A.C.T.

P: Petition

"First of all, then, I ask that supplications, prayers, petitions, and thanksgivings be offered for everyone"
-1 Tim 2:1

Pray for those who are sick, alone, in your family, in need, who you miss, who you are estranged from, who are deceased. Then pray for your own needs and desires on your heart.

A: Adoration

"I saw coming with the clouds of heaven one like a son of man. When he reached the Ancient of Days and was presented before him, he received dominion, splendor, and kingship" -Dan 7:13-14

With the angels and saints in heaven, worship God the Father seated on the throne. Adore His Son, our Savior, with deep love and devotion. Praise the Holy Spirit, the Lord, the giver of life.

C: Contrition

"Merciful and gracious is the Lord, slow to anger, abounding in mercy." -Psalm 103:8

Express your sorrow to the Lord. Where did you fail to love God as much as you should this past week? Where did you fail to love your family, neighbors, coworkers, friends, and self?

T: Thanksgiving

"Give thanks to the Lord, bless his name; good indeed is the Lord" -Psalm 100:4-5

God's blessings are countless; His love for us cannot be measured. How has God blessed you this past week? Take a moment to thank Him.

Prayerful and Sacred Silence for Families

This guide can be an aid for families in hearing Jesus' voice and speaking with him. I invite you to pray one of the prayers below so that you can more fully participate in the sacred mysteries.

Prayer to Prepare for Mass

We are brothers and sisters in Jesus your Son, one family, in the Spirit of your love. Bless us with the joy of love. Make us patient and kind, gentle and generous, welcoming to those in need. Help us to live your forgiveness and peace. Protect all families with your loving care, especially those for whom we now pray: *[We pause and remember family members and others by name]*. Increase our faith, strengthen our hope, keep us safe in your love, make us always grateful for the gift of life that we share.

This we ask, through Christ our Lord. Amen

— from the World Meeting of Families, Dublin 2018

Lectio Divina

- 1. Read:** Choose a reading from the Bible and read it a few times, leaving room for the Holy Spirit to call your attention to a word or phrase that God wants you to hear.
- 2. Think about:** Think about how the word or phrase connects with your life.
- 3. Pray:** Talk with God in prayer, either silently or in writing.
- 4. Listen:** Rest in God's presence, quieting yourself and listening for God's response to your prayer.



Sunday Connection for Children

P.A.C.T.

P: Petition

Lord Jesus, please bless my family and friends. Bless my teachers and classmates. Bless the leaders of the Church and world. Bless the sick and the suffering. Please bless me.

A: Adoration

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

C: Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things.

I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen

T: Thanksgiving

Thank you, Father, for calling us to be your children and allowing us to share in your glory. Thank you for sending your Son, Jesus, to be with us, to die for us, and to stay with us in the Eucharist. Thank you for sending the Holy Spirit to guide us and give us life. Please prepare my heart for the holy celebration of Mass, so that I may fully, actively, and consciously respond with thanksgiving to your merciful love.