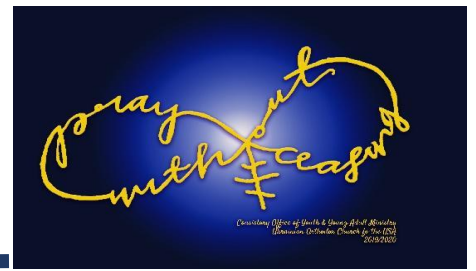


# HOW SHOULD WE PRAY?

## Part 2: Building a Rule of Prayer Session 5



### Your daily schedule Buttoned Up.™



Stay on top of where you need to be and which tasks absolutely, positively must get done today.

today's date: \_\_\_\_\_

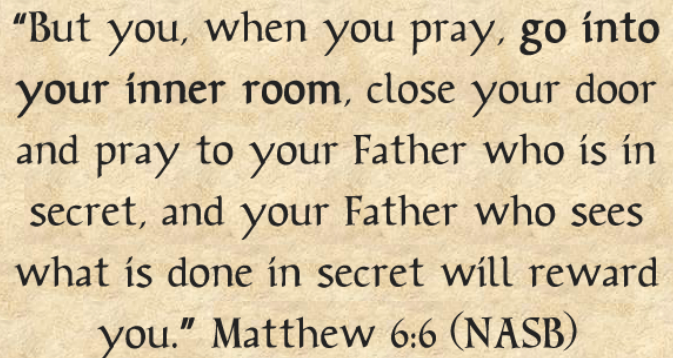
today, i must do:	6 am	
<input type="checkbox"/>	7 am	
<input type="checkbox"/>	8 am	
<input type="checkbox"/>	9 am	
today, i must contact:	10 am	
<input type="checkbox"/>	11 am	
<input type="checkbox"/>	12 pm	
<input type="checkbox"/>	1 pm	
notes	2 pm	
	3 pm	
	4 pm	
	5 pm	
	6 pm	
	7 pm	
	8 pm	
	9 pm	
	10 pm	
	11 pm	
	12 am	

Once we realize how important and wonderful prayer is, we will want to pray more often. We will want to make sure that we have enough private time with God to say everything we need and want to say. The best way to do this is by building our own *Rule of Prayer*. Very simply, this means choosing a regular time and place to pray everyday, and choosing which prayers we will use. Not quite as simply, it means we then follow our rule!

The Church gives us beautiful prayers, and even tells when they should be used. But you may not be able to say them completely everyday when you have to get ready for school and out of the house in time for the school bus. Without allowing the proper time, you would have to say them so quickly that you wouldn't understand a single word. But you can still make them a part of your rule, by choosing a few of the prayers and *committing* to saying them every morning. Remember, being busy in the morning isn't an excuse to not pray. You may have to get up a few minutes earlier, or rearrange your routine, in order to have time to pray. But a rule's a rule!

Following your rule will get easier the longer that you keep at it. Just as your body lets you know it's time to eat, your heart will remind you that it's time to pray

You can start to build your rule of prayer right now. Think about your days at home. Look at the schedule that you just wrote down.



"But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees what is done in secret will reward you." Matthew 6:6 (NASB)

→ Are there times that you pray now? Do you have enough peace and quiet at those times to pray sincerely? Is there a time that would be better? What can you do to make a time better? Do you think you should *add* a time for prayer? Take a few minutes to think about these questions, and write the time or times you will *commit* to being part of your rule.

Once you have chosen the time you will pray, choose the prayers you will start with. Keep it simple at first, and choose only prayers that you know you will not have to hurry through, ones you can concentrate on and say sincerely.

Now that you've set a place and time to pray and chosen which prayers you'll say, you're ready to start living your rule. Give yourself some time, you may find that you have to make some changes once you get started. The important thing is to stick with it! Don't give up, even if you've skipped or haven't been able to keep to it perfectly. Just start again. This takes *discipline*. Remember, the Holy Spirit is in you, helping you.

Your rule of prayer should grow and change over time, just as you will. From time to time you can add specific prayers based on what is going on in your life. You might say a special prayer for a family member who is sick or to ask God for help when you are trying something new. When the sick person gets better you would change your prayers to say thank you to God for their health. After trying your new activity, thank God for helping you. If things didn't go according to plan, thank God for showing you an opportunity to get better at something. Don't worry if you aren't sure what to say, the church provides many specific prayers and our priest or your parents can also help you to find the right words.

Another way to grow your rule of prayer is to incorporate Holy Scripture, perhaps not every day at first, but once or twice a week. The Good News of the Bible can provide us with support, comfort, and encouragement.

→ Do you know where to locate the daily scripture reading?

The Psalms are beautiful prayers you can read. Find out the Epistle and Gospel reading for Sunday, and read them on the Saturday before.

Your rule of prayer will become a part of your life. Make sure that it grows as you do. You'll know when the time has come to add some time and another prayer or two. Ask the Holy Spirit to guide you.

Starting to live a rule of prayer at a young age is truly a wonderful gift to give to yourself. It will help you keep the Holy Spirit alive in you, growing with you, ready to share all the many joys and sorrows that are to come.

**Silent Contemplation Time:** Scripture Reading on Faithfulness - Proverbs 15:26-33.

# *My Prayer Rule*

Where I will pray

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When I will pray

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What I will Pray

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