



## CATHOLIC PRAYER TRADITIONS

“The hymns and litanies of the Liturgy of the Hours integrate the prayer of the psalms into the age of the Church, expressing the symbolism of the time of day, the liturgical season, or the feast being celebrated. Moreover, the reading from the Word of God at each Hour (with the subsequent responses or *troparia*) and readings from the Fathers and spiritual masters at certain Hours, reveal more deeply the meaning of the mystery being celebrated, assist in understanding the psalms, and prepare for silent prayer. The *lectio divina*, where the Word of God is so read and meditated that it becomes prayer, is thus rooted in the liturgical celebration.”

*Catechism of the Catholic Church (CCC) 1177*

“The Liturgy of the Hours is intended to become the prayer of the whole People of God. In it Christ himself ‘continues his priestly work through his Church.’<sup>50</sup> His members participate according to their own place in the Church and the circumstances of their lives: priests devoted to the pastoral ministry, because they are called to remain diligent in prayer and the service of the word; religious, by the charism of their consecrated lives; all the faithful as much as possible: ‘Pastors of souls should see to it that the principal hours, especially Vespers, are celebrated in common in church on Sundays and on the more solemn feasts. The laity, too, are encouraged to recite the divine office, either with the priests, or among themselves, or even individually.’<sup>51</sup>” *CCC1175*

<sup>50</sup> SC 83

<sup>51</sup> SC 100; cf. 86; 96; 98; PO 5.

# What Did You Learn About Catholic Prayer Traditions?

for younger saints

1. How many days in a row do we pray a novena?
  - a. 8
  - b. 9
  - c. 10
2. When we ask God for something, what do we get?
  - a. Exactly what we ask for.
  - b. A surprise!
  - c. Whatever He knows is best for us.
3. How often should we pray?
  - a. Once each day is enough.
  - b. Jesus tells us to always be praying in some way.
  - c. Only on Sundays, the day we set aside for the Lord.
4. We can ask the Saints to pray for us.  
true                      false
5. We can pray while we read the Bible.  
true                      false
6. Only priests and nuns should pray a lot.  
true                      false
7. We can hear God's messages to us while reading the Bible.  
true                      false
8. There are many ways to pray. What is your favorite one?  
(See the suggestions in your lesson if you need help.)
9. Recite your memory verse.

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8. There are many ways to pray. What is your favorite one?

Answers will vary.

9. Recite your memory verse.

*"Let the one among you who is without sin be the first to throw a stone...." John 8:7*

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  - a. nine
  - b. new
  - c. prayer
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3. We can ask those in heaven to pray for us.  
true                      false
4. The Liturgy of the Hours is mostly centered on the
  - a. Psalms
  - b. Gospels
  - c. New Testament
5. Lectio Divina is all about praying
  - a. while you are at Mass
  - b. only if you are a grown-up
  - c. while reading Scripture
6. Extra prayers like the ones we learned about here are only for priests.  
true                      false
7. There are many methods of prayer. What is your favorite one?  
(See the suggestions in your lesson if you need help.)
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8. Recite your memory prayer.

**Act of Contrition:** O my God, I am heartily sorry for having offended you. I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, O my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and amend my life. Amen..