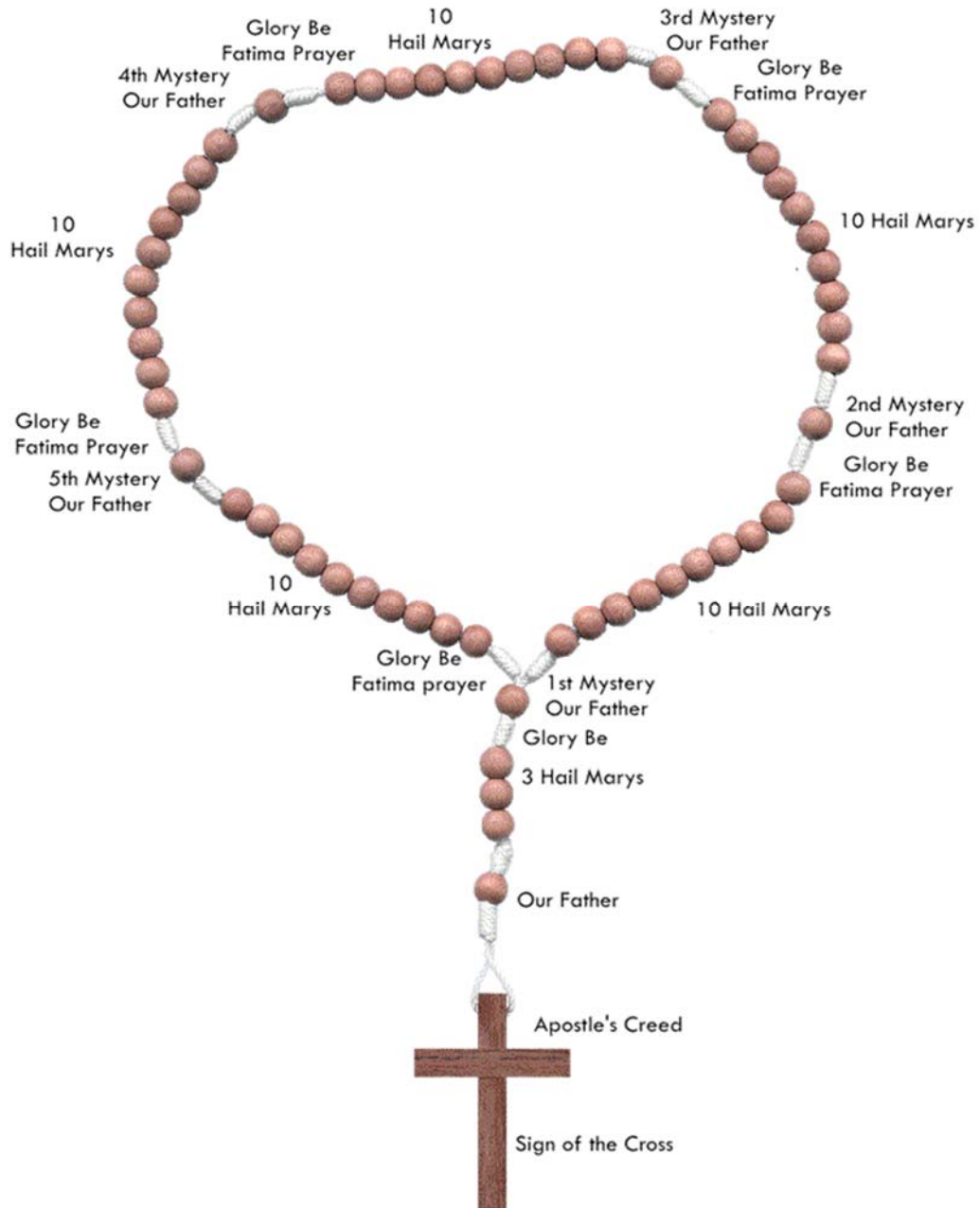


Topic: Different ways of praying.

1. The Rosary as a mean to meditate on Jesus life with the help of Mary, His Mother.



2. Lectio Divina: an ancient method of praying with Scripture

HOW DO YOU PRAY THE LECTIO DIVINA?

Lectio Divina is a practice of **scriptural reading**. It involves meditating on a passage of the Bible, preferably the **Gospel of the day**.

Steps to pray:

- 1. INVOKE**
Invite the Holy Spirit to guide the reading of the Scripture.
- 2. READ**
Ask yourself: What is this passage saying? If you can, use a Bible commentary.
- 3. MEDITATE**
In a moment of silence, try to listen to the voice of God.
- 4. PRAY**
Begin to dialogue with the Lord and open yourself to his will.
- 5. CONTEMPLATE**
Listen closely with your heart and put into practice what he has told you.

How to pray? 10 ways of praying

3. Daily Scripture reading by using Apps and or websites such as Laudate, Word on Fire website, DynamicCatholic.com,etc.



<https://www.wordonfire.org/>

<https://dynamiccatholic.com/best-advent-ever> - *try it during Advent this year*

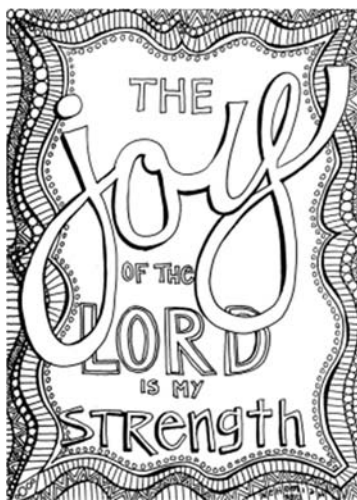
4. The five finger prayer: Using your hand as a guide to pray for



5. Praise and how that is a way of praying:

Listening to radio stations like K-Love 87.9 FM or Radio Paz 830 Am (Spanish) or not being afraid to sing at Mass <http://www.klove.com/music/radio-stations> - "K-Love", is a contemporary Christian-formatted radio station in Miami, Florida, owned by Educational Media Foundation.

6. Using art as a mean for praying and learning verses: Coloring pages with Scriptures. I found this one on Google.



6. Eucharistic Adoration: Come to Eucharistic Adoration anytime on Fridays between 8:45 am to 7 pm in our St. Rose of Lima chapel or finding a church that has it nearby.

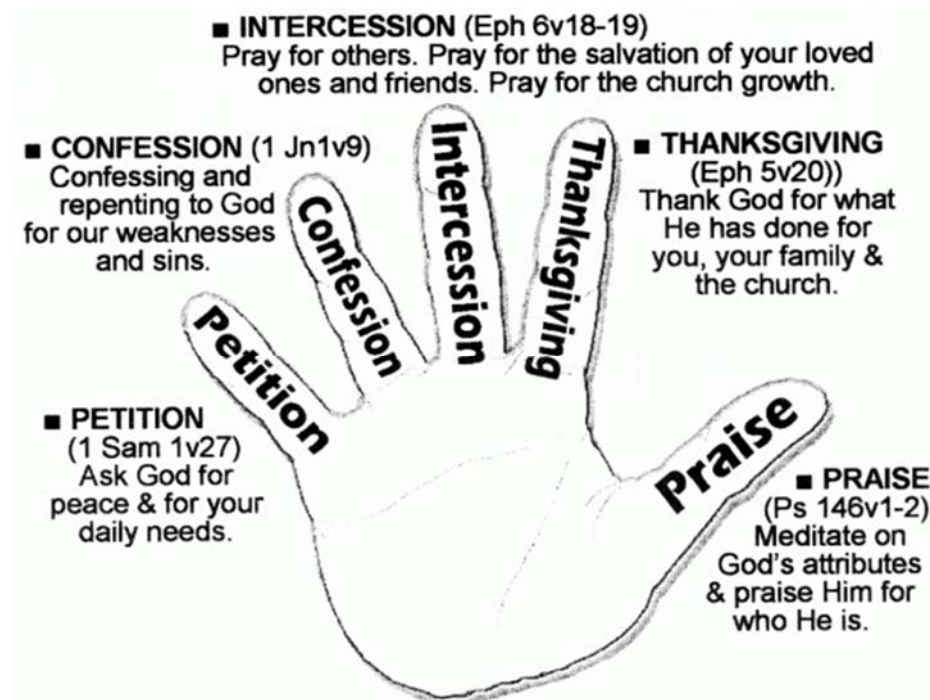
This is praying before the Blessed Sacrament. A quiet time to pray in the Presence of the Lord.



7. Praying with your kids at home, in the car, at meal time whenever the occasion arises.



8. The five types of prayer:



The next parent workshop will be on Sunday, January 21, 2018.

Thank you for coming to the workshops.

If you have any suggestion on topics you would like to learn about let me know. E-mail me at: amolleda@srlschool.com