

## Developing a Daily Habit of Conversing with Christ Jesus

Here are three truths underlying any formation in prayer:

1. *We want to encounter Christ in prayer. Prayer is Relationship!*
2. *We need to learn how to pray. “ Like a wise teacher Jesus takes hold of us where we are and leads us progressively toward the Father. ” (CCC 2607). Jesus teaches us how to pray!*
3. *We are helped by the Holy Spirit to develop a daily habit of prayer. “The Holy Spirit is the interior Master of Christian prayer” (CCC 2672). The Holy Spirit dwells within us and guides us in prayer!*

### Lent – the Period of Purification and Enlightenment (6-week period)

#### Begin and end a Session with Prayer

Begin the RCIA Session with the Sign of the Cross and a prayer to the Holy Spirit. Read the Scripture that is the foundation of the teaching. Close the session by praying the Sign of the Cross and the Apostles’ Creed. The elect and candidates will want to know the Creed by heart for the Easter Vigil. Provide a copy for all present.

#### Explain the Meaning of the Words of a Prayer

At each session during the six weeks of Lent, before the closing prayer, summarize the contents of two articles of the Creed. Allow a few moments of silence (even up to 30 seconds) after the summary of the Creed to allow time to ponder the specific articles of the Creed. Ask the Holy Spirit to help those gathered to understand better the Creed and to pray it with reverence and sincerity.

#### Give a Teaching

Provide teachings on Prayer during the six-weeks of Lent. The Program *Oremus* (Let Us Pray) has DVDs with eight, 30-minute teachings. The Catholicism Program by Fr. Robert Barron includes a DVD entitled Faith Clips which has 11 short teachings on prayer (1 -2 minutes each).

#### Model Prayer

During Lent, teach those in the RCIA process to pray the Stations of the Cross. It would be appropriate to pray the Stations a few different times, modeling the longer and shorter versions.

#### Quiet time in the Presence of the Blessed Sacrament

Speak of Jesus’s true Presence in the Holy Eucharist. On several occasions, take the entire group to the Church for quiet time so that all can become more aware of Christ’s Presence in the tabernacle. Help them to be comfortable being quiet and resting in His Presence.

#### Praying before and after Receiving Jesus in the Holy Eucharist

It will be most helpful to guide people to know how to spend the times of personal prayer during Mass, and even practice. In walking up to receive Jesus, we may repeat the words in our heart, “Lord, I am not worthy that You should come under my roof, but only say the word, and my soul shall be healed.” After receiving Jesus, we may pray a prayer of thanksgiving, speak to Him about something that we need help with, pray a memorized prayer such as the *Animi Christi*.

#### Spiritual Reading

Encourage ten minutes of daily, spiritual reading throughout Lent. Daily spiritual reading fosters a commitment to daily prayer. Provide them with a resource such as a booklet with Daily Lenten reflections, the Word Among Us, My Daily Bread, Magnificat.