**Prayer References**

**Psalms:** Especially those of Thanksgiving, Praise

**Liturgy of Hours (Shorter Book of Christian Prayer)** [Divine Office – Liturgy of the Hours of the Roman Catholic Church (Breviary)](https://divineoffice.org/)

**Rosary:** [How to Pray the Rosary | USCCB](https://www.usccb.org/how-to-pray-the-rosary)

**Lectio Divina** <https://hallow.com/blog/how-to-pray-lectio-divina/>

[How to Pray Lectio Divina – Hallow: Catholic Prayer App](https://hallow.com/blog/how-to-pray-lectio-divina/)

(Read, Meditate, Pray ,Contemplate) with the Scripture

**Lectio Musica** https://lectiomusica.com/ (Same as LD with Sacred Music Hear M,P,C)

**Via Pulchritudinis** http://www.theologia.va/content/cultura/en/pub/documenti/ViaPulchritudinis.html (Same as LD with Sacred Art See, M,P,C) [The Via Pulchritudinis, Way of Beauty (theologia.va)](http://www.theologia.va/content/cultura/en/pub/documenti/ViaPulchritudinis.html)

**Examen of St Ignatius of Loyola** <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/> [The Daily Examen - IgnatianSpirituality.com](https://www.ignatianspirituality.com/ignatian-prayer/the-examen/)

General <http://www.4catholiceducators.com/prayer2.htm>

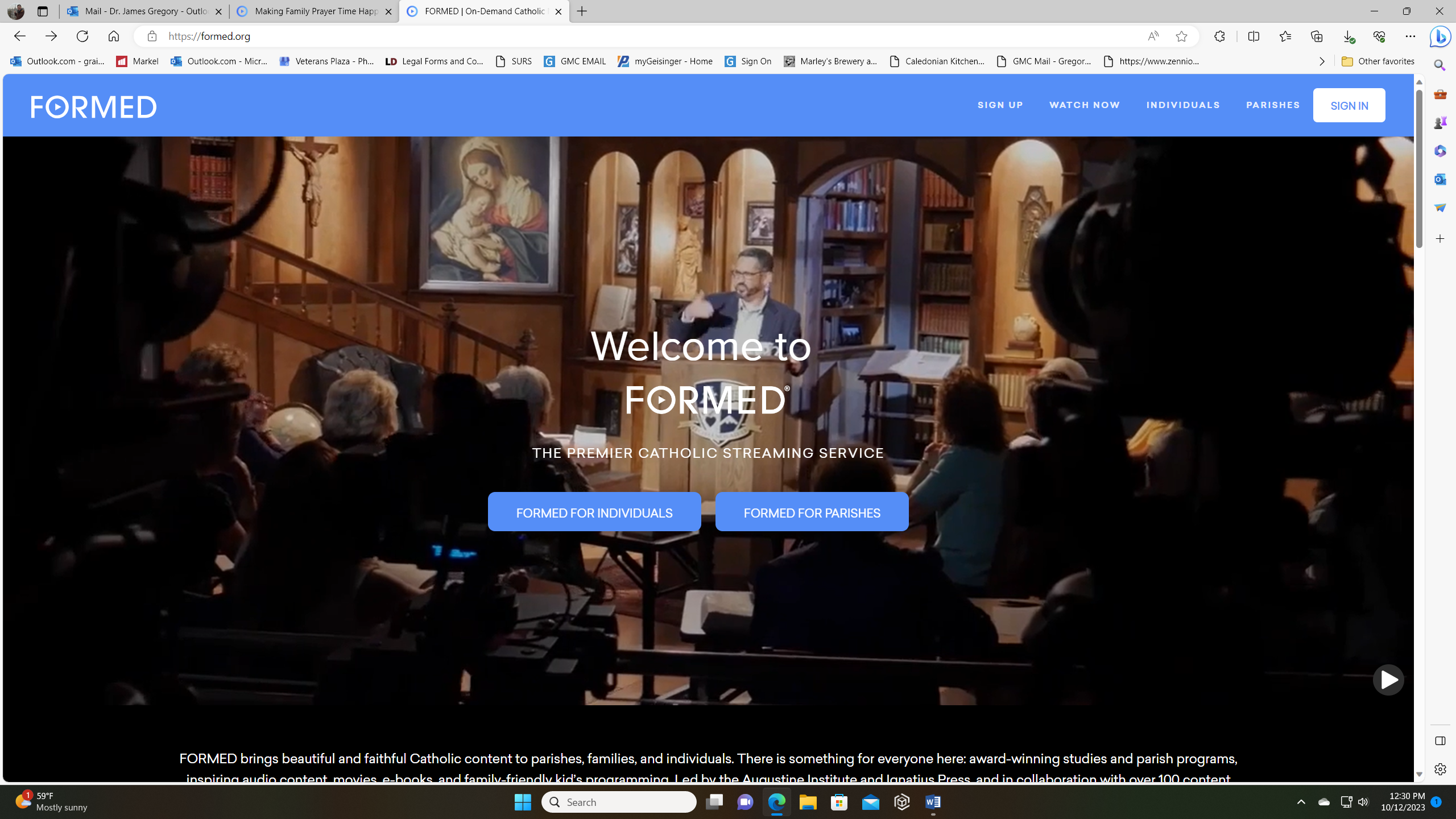
**Writing a Family Prayer**

* Write from your Heart
* Everyone in the family contributes something
* Areas to concentrate on
  + Thanksgiving- Give Thanks to God for something
  + Acknowledge your need of God
  + Pray for Others – The Body of Christ
  + Pray for your needs by the will of God
  + Thank God for your Family
* Decide when to Pray as a Family

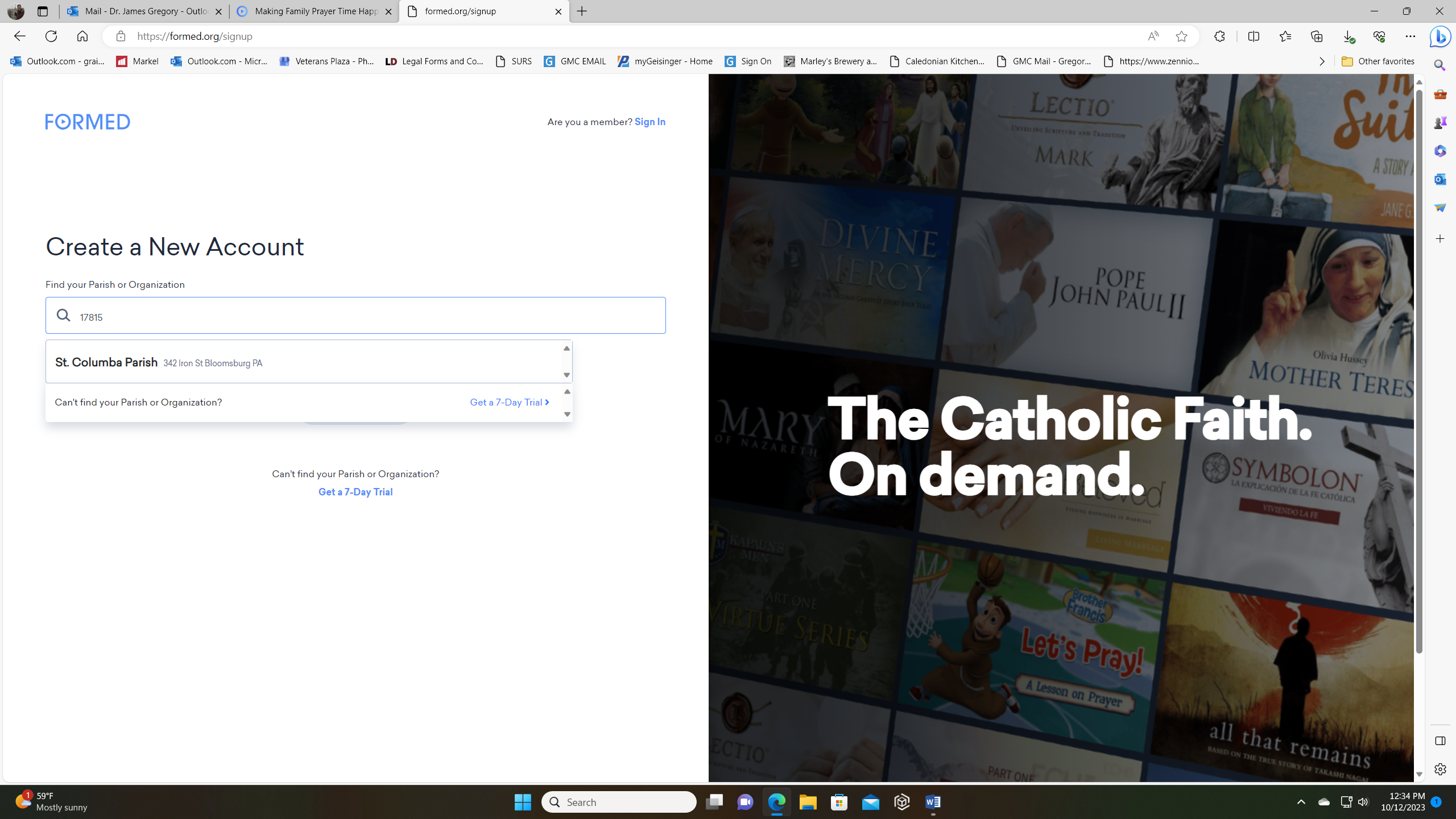
**Our Family Prayer:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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Choose St Columba and then follow the instructions. YOU only need do this once then each time it will log you on