

# How to Do Daily Prayer - Step-by-Step

- 1. Comfortable chair. Pick a time, preferably in the morning. Must be Quiet. Pick a place where you will not be disturbed.**

Same place every day.  
Becomes a special place where you talk to God. This helps when you don't feel like prayer.  
In the morning is good to start your day with God, but must be comfortable and awake. He does his in the afternoon.
- 2. Turn your day over to the Lord. You are an instrument of God.**
- 3. Formal Prayers: Our Father, Hail Mary, etc.**

He starts with these to focus.  
Say them out loud (mind goes too fast, this slows you down).
- 4. Reconciliation: Repent of sin.**

Sin blocks your perception of God and of other people.  
Renounce your sins, selfishness, etc.  
I trust in your forgiveness - let go of them, the let go of the guilt, too.  
Some days he can't think of any, but if you say, "I am a sinner" it puts you in the right relationship with God.
- 5. Praise Time: Read Psalms 95-100, 145-150 102 out loud.**

Psalms of praise.
- 6. Praise him verbally.**

Praise gets you out of yourself and looking at others.  
Talking, praising, out loud can get us out of depression.  
"You are the giver of Life; the light; the creator..."  
Words in the Bible, reading, etc.  
"You do it intellectually first, after a while it kind of comes from the heart."
- 7. Thanks giving.**

For food, your eyes, sunsets, house, life, forgiveness, faith, place in heaven, ..." everything good in your life.
- 8. Petitions.**

Praying for others and their difficulties.  
"I want to come to you..."  
Luke: "Ask and you shall receive, seek and you shall find, knock and the door shall be opened."  
He gives us what we need, not neglect.  
We ask for what we want.  
Salvation, loving heart, deeper faith.

We have needs, it's ok to ask.  
For peace, people, etc.  
Have a list.  
It will help people. You will see the results.

### **9. Read Scripture: What is that saying to me?**

Things you may want to read:

"The Word Among Us" [wau.org](http://wau.org)

The Word on Fire website: [wordonfire.org](http://wordonfire.org)

Catholic faith, basic Christian principles, theology.

Lots of "repentance..."

"Speak Lord your servant is listening."

Gospel of John - good to start. Only a part of a chapter each day.

Also, the Resources webpages of our Young Adult Group website: [spyag.ca](http://spyag.ca)

### **10. Meditate.**

Sit and be still.

Ask how am I.

Psalms

"Be still and know that I am God."

He lets himself feel God's presence, love, goodness...

Or think/talk to God about your problems.

Share your feelings and problems with God as a friend, and then listen.

Get a sense of what is right, feeling from the heart.

**We're together in this. Jesus be with me.**

*- From Fr. Mario Basque*