

# Other Prayer Tips

Each day, read a bit of the Old Testament a bit of the New Testament. If you are busy, just read one or two paragraphs each day. If you learn just one thing each day, you gradually learn more and more, and eventually cover the whole Bible.

Also read a bit of the Catechism of the Catholic Church each day. Even just one paragraph a day, will teach you a lot.

Also, if you are looking for more prayers, the Book of Psalms, in the Bible, is known as the Prayer Book of the Church.

## Quick Prayers

These are great for when you are very busy during the day:

“Jesus, I trust in you.” (From the Divine Mercy)

“Jesus, I love you.”

"God, be merciful to me, a sinner." (Luke 18:14)

“Lord Jesus Christ, Son of God, have mercy on me, a sinner!” (The Jesus Prayer)

Pray at traffic lights. (Bishop Paul O’Byrne)

Pray over each email before you send it out, that it will do good. (Us)

Find other ways to remind yourself of God during the day. Fr. Jonathan has Christian Art in his office. (Fr. Jonathan Gibson)

When you wake up in the morning, sit up, make the sign of the Cross, and say, “**Lord, I turn this day over to you.**” Then **thank God** for a few things, and make the sign of the Cross. It shouldn’t take more than 15 to 30 seconds - it’s very doable, and it’s a great way to start you day.

## Daily Prayer of Renewal

“Lord, I have let myself be deceived;

in a thousand ways I have shunned your love,

yet here I am once more, to renew my covenant with you.

I need you.

Save me once again, Lord.

Take me once more into your redeeming embrace.”

- Pope Francis

# Line Bookmark

For the New Testament, the Old Testament, and the Catechism, I use a regular bookmark for the page I'm on, plus a **line book mark** (about 2 inches x 1/2 an inch) to mark the section or paragraph I'm on, so I can read one section or paragraph each day and really think about it:

