

A simple habit of prayer

Five minutes. Same time. Every day. Start there.

In short. Prayer is raising your mind and heart to God, and it grows by praying at set times.^{1,2} Start with the prayers you know, a Gospel passage, or silence, and keep going when it feels dry.³

Key points

- Prayer is the raising of one's mind and heart to God.¹
- We pray at all times by praying at specific times.²
- Dryness is part of prayer; persevere.³

Try this, this week

1. **Set an alarm** for the same five minutes tomorrow.
2. **Pray one Our Father** slowly, word by word.
3. **Read Mark 1:35** and see when Jesus prayed.

“But you, when you pray, enter into your inner room, and having shut your door, pray to your Father who is in secret; and your Father who sees in secret will reward you openly.”

Matthew 6:6, World English Bible

Common questions

Remember: A time, not a mood.

Sources

1. CCC 2559
2. CCC 2697

3. CCC 2731

Quotation above: Matthew 6:6, World English Bible. Catechism: official text on vatican.va.

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