

Introduction

Like all good Jews, the apostles prayed the daily Jewish prayers. They prayed in their synagogues and in the Temple in Jerusalem. But after meeting Jesus, the apostles were drawn to deepen their prayer. Here was a holy man who enjoyed intimate union with God and who even spent whole nights rapt in prayer. No wonder the apostles begged Jesus, “Teach us how to pray.”

Chances are, you too have been praying for some time, perhaps even daily. Now in your journey of faith you are seeking to increase your understanding of prayer. And you are ready to broaden your repertoire of prayer styles, in particular, to move more deeply into Catholic ways to pray, a tradition that has a long, rich history.

In this book you will find the information and inspiration to jumpstart your prayer life as a Catholic. May it be only the beginning of an exciting adventure for you as you walk more closely in the footsteps of Jesus Christ, who leads us to the Father through the Holy Spirit.

A note on language: As a pure spirit, God has no gender, and both masculine and feminine images for God

can enrich prayer. However, it's been a long-standing tradition to use masculine pronouns for God, and they occur in our liturgy and prayers. So far, attempts to address this discrepancy in our language have been awkward and unsatisfactory. In this book, then, you will find masculine pronouns for God.