



YEAR OF PRAYER

RESOURCE BOOKLET

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WHAT IS THE YEAR OF PRAYER?

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Pope Francis has invited the Church to dedicate 2024 to prayer in preparation for the Jubilee of 2025. The Jubilee, with the theme "Pilgrims of Hope," is a time of forgiveness, reconciliation, and inner conversion, fostering a greater sense of global sisterhood and brotherhood, solidarity with the poor, and care for the environment. It is an opportunity for evangelization and renewal of faith, emphasizing Pope Francis' teachings on prayer, the importance of prayer in the parish community, prayer in the family, and prayer for young people.

This resource has been developed to help parishes, individuals, families, and other communities respond to the call of Pope Francis and dedicate this year to prayer.

“
I ask you to intensify your prayer to prepare us to live well this event of grace, and to experience the strength of God's hope.”

Pope Francis,
Angelus,
21 Jan 2024



POPE FRANCIS ON PRAYER

In preparation for the Jubilee of 2025, the Year of Prayer 2024 highlights Pope Francis' teachings on prayer. He describes prayer as an intimate dialogue with God that transforms lives and enriches the Church's teachings. Prayer should be a constant spiritual breath, accompanying all actions and commitments, and illuminating the presence of Christ in our interactions.

“In prayer, it is God who must convert us, not we who must convert God.”

General Audience, 26 May 2021


Pope Francis encourages finding moments of prayer in every circumstance, viewing it as a bridge between heaven and earth. This humble and sincere offering leads to experiencing God's compassionate love, uniting Christians as one family in God, and sustaining the Church's growth and unity. Even ineffective attempts at prayer are supported by Jesus' intercession, making prayer a vital source of hope, strength, and divine connection.

“Prayer is the first strength of hope ... prayer opens the door to hope.”

General Audience, 20 May 2020

As we journey towards the Jubilee of 2025, let us embrace Pope Francis' call to make 2024 a symphony of prayer. This involves renewing our desire to be in God's presence, listening to Him, and making prayer the royal road to holiness. Prayer reveals how deeply we are loved by God, providing hope and courage to face life's challenges as opportunities for divine encounter.

“Jesus not only wants us to pray as he prays, but assures us that, even if our attempts at prayer are completely vain and ineffective, we can always count on his prayer.”



In Luke's Gospel, Jesus' disciples ask, "Lord, teach us to pray" (Lk 11:1), showing their need for guidance in prayer. Pope Francis emphasises that prayer is an intimate dialogue with God that transforms lives and enriches the Church's teachings.

ADORATION

Adoration is a humble acknowledgment of God's greatness and sovereignty. Pope Francis emphasises that adoration helps us recognize our dependence on God, opening us to wonder and awe at His omnipotence. This form of prayer is a pure expression of gratitude and reverence, acknowledging His majesty and our smallness before Him.

PRAISE & THANKSGIVING

Praise and thanksgiving are expressions of joy and gratitude for God's gifts and blessings. Through praise, we celebrate God's greatness and goodness, and in thanksgiving, we express gratitude for His blessings. This form of prayer fosters a grateful heart and shapes our outlook toward others, reflecting God's love.

INTERCESSION

Intercessory prayer is praying for the needs of others, showing solidarity and compassion. It unites us with others, allowing us to share in their sufferings and hopes. This form of prayer brings the needs of the world and our brothers and sisters before God, creating a shared experience of prayer.

SUPPLICATION

Supplication reflects our need for help, presenting our personal needs and concerns to God with confidence. It is a time of intimate communion where our vulnerability meets God's mercy and love. Through supplication, we learn to trust God more deeply, entrusting Him with our life and concerns.

THE LORD'S PRAYER

The Lord's Prayer stands as the quintessential model of Christian prayer, intimately linking believers to the heart of their faith. Its simplicity and depth encapsulate essential aspects of spiritual life, guiding believers in addressing God with trust and sincerity.

As the Catechism of the Catholic Church underscores, the Lord's Prayer encompasses the entirety of the Gospel message, reflecting on God's holiness, His kingdom, daily sustenance, forgiveness, and protection from evil. Pope Francis emphasizes its role not merely as a set of words, but as a pathway to profound intimacy with God, urging believers to pray with heartfelt simplicity.

He highlights that the prayer teaches us to address God as "Father" in trust and love, emphasizing that it does not require "multiplying empty words" but rather speaking with sincerity because God already knows our needs (General Audience, February 27, 2019).

Integrating the Lord's Prayer into the Year of Prayer can enrich spiritual practices, serving as a structured framework for retreats and reflections. By dedicating time to explore each of its seven petitions throughout the year, individuals and communities can deepen their relationship with God and foster a vibrant prayer life rooted in the teachings of Jesus Christ.

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**When we pray the
Our Father,
we pray as
Jesus prayed.”**

Pope Francis,
General
audience,
14 March
2018



PRAYER IN THE PARISH COMMUNITY

THE EUCHARIST

The Year of Prayer provides an opportunity to deepen our understanding of the Eucharist. Approaching the Eucharist with the right mindset and heart helps us become more aware of the Mass, fostering authentic Christian witness. The Eucharist is central to the Church's life, as the "source and summit of all Christian life," celebrating Christ's sacrifice and gathering the faithful around His body and blood.

ENGAGING IN THE EUCHARISTIC CELEBRATION

- **Preparation for Mass:** Spend time in personal reflection and silence before Mass, perhaps in front of the tabernacle, and read the day's liturgical readings to ready your heart and mind.
- **Sign of the Cross:** Perform the sign of the cross with mindfulness, recalling the mysteries of the Trinity and Christ's work of salvation.
- **Listening to the Word:** Adopt a receptive attitude, recognizing the living presence of God's Word, especially during the Gospel proclamation
- **The Lord's Prayer:** Pray the Lord's Prayer attentively, reflecting on each word's significance.
- **Receiving Communion:** Approach Communion with a prayerful heart, welcoming Jesus with awareness and gratitude. Silent prayers can help prepare for this sacred moment.
- **Post-Mass Reflection:** After Mass, take a few minutes to give thanks for the Eucharist, allowing this grace to fortify you as you go forth to live and share the peace of Christ.

THE LITURGY OF THE HOURS

Also known as the Divine Office, it is the Church's public prayer, fulfilling the mission to "pray without ceasing" (1 Thess 5:17). The Liturgy of the Hours shines most brightly when celebrated within the parish community, led by its priest. Encouraging this practice, especially the Main Hours (Morning Lauds and Evening Vespers), is highly valuable, allowing maximum participation from the faithful, considering working hours and involving young people.

IDEAS FOR PARISH ENGAGEMENT

- **Community Participation:** Organize liturgical celebrations in the church, ensuring they are accessible before and after work.
- **Volunteer Involvement:** Form a group of volunteers to prepare the celebrations, learn hymns, and handle readings. Provide catechesis to equip them for their roles.
- **Musical Accompaniment:** Use organ accompaniment with a cantor to lead psalm tones, and focus on singing the Benedictus and Magnificat, with the congregation standing and reflecting on the words.
- **Vespers Preparation:** Pay special attention to preparing First Vespers on Saturday evening and Second Vespers on Sunday to enhance the communal prayer experience.

EUCCHARISTIC ADORATION

As belief in Christ's real presence in the Eucharist deepened, the Church recognised the significance of silent adoration of the Lord under the Eucharistic species (Cf. CCC 1379).

Eucharistic Adoration allows for a personal encounter with Jesus outside Mass, continuing His remembrance.

It offers a moment to remain in His transformative presence, strengthening the Church's journey and sanctifying the faithful.

In this Year of Prayer, communities are encouraged to promote Eucharistic Adoration. Each community should find suitable times and methods to foster this practice, which brings holiness to the Church.



PRAYER FOR FAMILIES



The family is where children learn to pray and give thanks to the Lord. As children grow, they follow their parents' example, learning to rely on God in difficult times. Pope Francis in *Amoris Laetitia* emphasises that family prayer and acts of devotion are powerful for evangelisation, making families domestic churches.

EXAMPLES OF FAMILY PRAYER

BEFORE MEALS:

Heavenly Father, we thank you for this food, may we make your will our daily nourishment. We pray to you for the poor who have none: give them what they need to live according to your will. Amen.

AFTER MEALS:

We thank you, Lord, for all your blessings: may we always use them for good. Through Christ our Lord. Amen.

MORNING PRAYER:

I adore You, my God, and I love You with all my heart. I thank You for creating me, making me a Christian and keeping me through this night. I offer You the day's activities, let them all be according to Your holy will for Your greater glory. Keep me from sin and from all evil. May your grace be always with me and all my loved ones. Amen.

EVENING PRAYER:

I adore You, my God, and I love You with all my heart. I thank You for creating me, making me a Christian and keeping me through this day. Forgive me the wrong that I committed today, and accept any good I have done. Guard me through the night and deliver me from danger. May your grace be always with me and all my loved ones. Amen.

PRAYER WITH YOUNG PEOPLE

Youth marks a pivotal period of questioning and personal growth, including in matters of faith and prayer. Despite initial hesitations, many young people show remarkable interest and response when prayer is approached with care and courage. In the intimacy of prayer, they express doubts, fears, and desires, finding solace in the silence where they can share their hearts with the Lord. Vocations often emerge during these prayerful moments, as youth discern their future in service to others. Inspired by biblical figures like Abraham and Mary, youth can learn to dream and explore their vocations with God as their constant companion.

During this year dedicated to prayer, every Christian community is encouraged to rekindle this vocational dialogue with joy, inviting youth to encounter the Lord who calls. Various prayer events can be organized, such as morning gatherings to read the Gospel or recite Lauds, weekly Eucharistic adoration, and setting up prayer spaces in youth centers or public areas. Community weeks, pilgrimages, and interactive apps also provide rich opportunities for young people to deepen their prayer lives amidst their daily routines and activities.





IMPORTANCE OF RETREATS

In Mark's Gospel, Jesus regularly retreats to deserted places for prayer, illustrating two essential aspects of Christian spirituality: the necessity of stepping away from daily routines to commune personally with the Father, and the critical role of silence in listening to God's voice.

Retreats are not an escape from reality but a deeper immersion into life's complexities through the silence of prayer, bringing transformative light and presence into everyday existence.

During the Year of Prayer, spiritual retreats offer a profound opportunity for spiritual conversion and renewal of heart, echoing the invitation extended by the Holy Father.

INCLUDING RETREATS IN YOUR COMMUNITY

- **Organize Regular Retreat Days:** Schedule monthly one-day or half-day retreats in venues such as monasteries, convents, or pilgrimage sites dedicated to prayer and spirituality.
- **Promote the Jesus Prayer:** Encourage the practice of the Jesus Prayer (prayer of the heart) throughout the day to maintain awareness of God's presence and foster continuous prayer.
- **Revive Traditional Practices:** Reinstate practices like visiting cemeteries and praying for the deceased to enrich spiritual life and community bonds.
- **Nurture Devotion to Saints and Blessed Mother:** Foster devotion through communal recitation of the Rosary during months dedicated to saints and the Blessed Mother (e.g., May and October).
- **Facilitate Vocational Discernment:** Provide opportunities for silent prayer and discernment to help individuals encounter Christ's light and discern His will in their lives.

OTHER RESOURCES



YEAR OF PRAYER WEBSITE

The official website for the
Year of Prayer 2024

SCAN ME



TŪMANAKO WEBSITE

Resources for the Year of
Prayer from our Diocese



AUCKLAND LITURGY CENTRE

Prayers and resources from
the Diocese of Auckland



YOUCAT

The Catechism of the Catholic
Church for young people

