

Cheat sheet for the recommendation by St. Francis de Sales on fostering the prayer life of one wishing to be devout.

Individual Prayer

Vocal Prayer

Meditation – Is preferred over vocal prayer. – Most preferred in Church or at Adoration

Pray the recommended 10 meditations given in the book in the order they appear

Follow a similar format on other items for meditation

- 1) Take time to Prepare
 - a) Recognize God's presence
 - b) Invoke his aid
 - c) Use your imagination to think of image on which you will meditate
- 2) Consideration – Trying to understand, reflect on the subject
- 3) Resolutions – Leave prayer with practical solutions. I will... or I will not...
- 4) Ending
 - a) Thanksgiving
 - b) Offering or oblation
 - c) Petition
 - d) Spiritual bouquet – pick things to meditation throughout the day

Other times of prayer

Morning and Evening prayer are not to be omitted

Morning Prayer – done briefly before you leave your room

- 1) Thank God for making it to morning
- 2) Call to mind the day that is beginning
- 3) Consider the work that needs to be done today that lets us serve the God
- 4) Humble yourself knowing that everything is done by the grace of God

Evening Prayer with an Examination of Conscience

- 1) Thank God for the day
- 2) Examine how you have conducted yourself through the day
- 3) Offer thanks to God for any good and forgiveness for any wrong
- 4) Then commend your body, soul, church and friends to God

Aspirations, Brief Prayer, and Holy Thoughts

Say brief prayers throughout the day

Connect the things you see throughout the day to God

Turn all things you experience throughout the day into your spiritual profit

Without these, you can never be devout or lead a true contemplative life

There is nothing that makes up for these practices

Catholic Mass - Heart of all prayer life - Daily Mass if possible. God prefers praying together over individual prayer because it is more excellent.

The Breviary – Liturgy of the Hours – The Office. Public prayer of the Church

God's Word – Cultivate a special devotion to the Word of God – Read the Bible

Going to Confession