

CATHOLIC PRAYERS

“. . . All things *whatsoever* you shall ask in prayer, believing,
you shall receive.”

—Matthew 21:22

CATHOLIC PRAYERS

Compiled From Traditional Sources

*“If you abide in me and my words abide in you, you shall
ask whatever you will, and it shall be done unto you.”*

—John 15:7

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Some Notes On Prayer

Prayer is “a raising of the mind and heart to God.” Prayer is made for four basic reasons: 1) to adore and praise God, 2) to thank Him for blessings received, 3) to ask pardon for and expiate (or “make up for”) our sins, and 4) to petition Him for all our needs. To be effective, prayer must be 1) humble, 2) confident, 3) persevering, 4) focused (not wilfully distracted) and 5) penitent (with sorrow for our sins). There are two types of prayer, mental and vocal. Mental prayer is meditation on spiritual truths; vocal prayer consists of repeating set words. All vocal prayer has some mental prayer built in. *Catholic Prayers* is a book of vocal prayer. St. Anthony Mary Claret (1807-1870) found vocal prayer much easier than mental prayer and felt Our Lord’s sensible presence more in vocal prayer;¹ he became so holy that toward the end of his life he received the grace that the Blessed Sacrament was always conserved in his breast.²

Everyone is obliged to pray, for without

1 *The Autobiography of St. Anthony Mary Claret*, Louis Joseph Moore, C.M.F., Trans., 1945; TAN, 1985, p. 197.

2 *Ibid.*, pp. 180, 181.

prayer—as St. Alphonsus teaches—we shall not receive the actual graces necessary to save our souls. We must ask for them.³ We cannot say, “God knows what I need; I don’t need to remind Him!” Rather, Scripture admonishes us, “in everything, by prayer and supplication, with thanksgiving, let your petitions be made known to God.” (Phil. 4:6). The Saints concur with St. John Chrysostom (347-407) that “It is simply impossible, without prayer, to lead a virtuous life.”⁴ Therefore, we should “Pray without ceasing.” (1 Thess. 5:17).

3 St. A. de Liguori, *The Great Means of Salvation and Perfection*, Part I, Ch. I, Sec. I.

4 Cf. *Voice of the Saints*, Sel. & Arr. by Francis W. Johnston, 1965; rpt. TAN, 1986, p. 35.



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