

# Prayer traditions of the Church

## Prayer: a personal response to God's Presence

### Types of prayer

- **Liturgy**
  - Sunday is Primary
  - Feasts and seasons
    - Advent/ Christmas/ Epiphany
    - Lent/ Triduum/ Pentecost
    - Ordinary time
    - Feasts of Jesus, Mary, saints
- **Liturgy of the Hours**
  - Specific times of the day
    - Invitatory : prayed at the beginning of the day before the first hour of the office
    - Morning prayer: prayed in the early morning ( should be prayed in common)
    - Daytime prayer: prayed at one of these times-midmorning, midday, mid-afternoon
    - Evening prayer(vespers): prayed in the evening in common
    - Night prayer(compline): prayed just before retiring
  - Structure of the Hours
    - Introductory verse
    - Hymn
    - Psalmody (3 psalms or portions of psalms)
    - Scripture
    - Reflection
    - Canticle
    - Intercessions
    - Lord's Prayer
    - Conclusion
- **Lectio Divina**
- **Meditation**
- **Contemplation**
- **Centering**
- **Journaling**
- **Traditional Memorized Catholic prayers**