

# Prayer Hacks – Deacon Chris’ Homily from 8 28 22

Now I know some of you are prayer warriors who could teach me a thing and two about prayer, but I also know some of us barely spend any time in prayer outside of Mass for one reason or another. It doesn’t matter where you might be in that spectrum, in the spirit of a trend online and in social media I’ve compiled a list of 10 “prayer hacks” that just might help some of us let Him into our lives a little more.

1. Give God the “Golden 30”, the first 30 seconds of your morning. We tell all of our other loved one’s good morning every morning, let’s include God in that. Maybe quickly thank him for this day and ask Him for the grace you will need to keep Him involved through out your day. According to our Mother Mary we don’t ask for grace enough. If you can achieve working this 30 into minutes of prayer you will be eternally blessed.
2. Use the opportunity of being in the car to say a prayer with your family. We use “God our Father, I give you this day, all that I think and do and say. I give you my love through Jesus your Son, I’ll try to be kind and love everyone”. And then we say the Guardian Angel prayer. “Angel of God, my guardian dear, to whom.....”
3. Try to ask God to be with you as you enter certain situations.
4. Develop a daily intentions list. I keep mine in my notes so whenever someone asks me to pray for them, I can quickly add it to my list on my phone.
5. Ask God to increase your sensitivity to the urging of the Holy Spirit. I personally recommend requesting the gifts of the Holy Spirit by saying the prayer that St. Alphonsus Liquori wrote. There are some prayer cards in the back of church with that prayer on them. Feel free to take one if you like. In fact, I have 3 pictures of prayer cards that I keep in my favorites so I can say those prayers wherever I am as long as I have my phone or iPad.
6. Instead of mindlessly listening to music or news while driving try reciting parts of the rosary and try to work up to a complete daily rosary. The benefits of a daily rosary are numerous.
7. If you’re married definitely try to pray together briefly every day. The divorce rate in America is approaching 50% but Gallup did a poll in 1997 proving that couples that prayed together have a divorce rate below 1%. There are many methods and guidance’s on line if you want to try this.
8. Develop a very brief short prayer that you can call to mind and say in your heart multiple times a day. My mom taught me one when I was dealing with a difficult boss at one point in my life. It was simply, “Patience, prudence, divine grace”. Over time I developed another that I use to this day, “Teach me, guide me, love me Lord, I want to do your will”. I can say this in my heart anytime, anywhere.
9. Try learning to pray with scripture or “Lectio Divina”. I probably struggled with this form of prayer the most until my spiritual Director recommended a prayer guide book called “The better part”, in fact this guide book is the best prayer guide I’ve ever experienced. There’s a copy of it in the back of church if you want to take a picture or write down the title. This form of prayer is powerful.
10. Ask your guardian angel to help you pray.

If you’ve got a tip or trick that can help improve our prayer lives that you think I should add to this list, feel free to reach out and let me know.

Please note, I recommend the older version of this that is one book.

They came out with a 4-volume set after the original but I recommend the single book original if one can find it.

<https://rcspirituality.org/book/the-better-part-a-christ-centered-resource-for-personal-prayer/>

**Chris Landry**