



I have loved  
you with an  
everlasting  
**LOVE,**  
I have loved  
you and you  
are mine.

*One of the ways we grow during Lent is by learning to pray better - from our heart. A simple method for prayer is **ACTS**: Adoration, Contrition, Thanksgiving, and Supplication. Here is a description of each of these methods. Try to spend some time each day - even just 5 minutes at first - praying in one or all these ways. As your relationship with God grows, so will your time in prayer.*

### **A Adoration**

We humble ourselves as creatures before our Creator. We begin to **know and praise God** by reflecting on his greatness. We offer each day to Him.

### **C Contrition**

As we come to know and love God, **we become more aware of our own sinfulness**. We honestly and directly acknowledge our failings, trusting in our merciful Savior. We resolve to overcome our weaknesses by building holy habits. Each night we can go over the Commandments and ask ourselves if we have sinned against God or our neighbor in any of these ways.

### **T Thanksgiving**

We develop the habit of searching for and **seeing the good in everything** and everyone as we list the blessings in our daily lives and remember how God has answered our prayers. We grow in the virtue of gratitude as we learn that everything we have and everything that happens to us comes from God or is permitted by Him for our ultimate growth in holiness.

### **S Supplication**

We bring to God our loving Father all our needs and desires. We remember to pray for our family and friends, and for those for whom we have promised to pray. As we trust in God's answers and his timing, we pray more sincerely "**Thy will be done**" in our lives and families.

*Here is a [DISCUSSION SHEET](#) to help you grow in all four methods of prayer.*