



YEAR OF PRAYER

Forming Missionary Disciples

Father,

You invite each of us to share in the life and ministry of your Son, Jesus. Send your Holy Spirit to form our parish as a community of missionary disciples. Teach us how to hear Jesus, to love Jesus, and to share your gift of salvation with everyone we meet.

Through the witness and intercession of Mary, guide me to deepen my commitment as a disciple of Jesus. Lead our parish to grow as an intentional community, committed to go and announce the Gospel of the Lord.

We ask these blessings in the name of your Son, Jesus Christ. Amen

EACH PERSON IS ASKED:

- To pray the Rosary or another devotion to the Blessed Mother once a week as a family or household, asking the Holy Spirit to guide our parishes in how to form us as communities of missionary disciples.

OTHER SUGGESTIONS:

- **Married with children at home:**
10 minutes of daily prayer
- **Married empty nesters:**
30 minutes of daily prayer
- **Married retired:** one hour of daily prayer
- **Single:** one hour of daily prayer
- **Make a weekly sacrifice** (Fasting, almsgiving, service) for the Holy Spirit to guide our parishes in how to form us as communities of missionary disciples. (Suggested on Fridays)
- **Sign up or make a holy hour** each week praying for the Holy Spirit to guide our parishes in how to form us as communities of missionary disciples.
- **Make a pilgrimage** to a holy shrine or Eucharistic Chapel to pray for the Holy Spirit to guide our parishes in how to form us as communities of missionary disciples.