



Join us in growing closer to God

Adult Faith Formation Committee

FIRE-UP OUR PRAYERS +10

*Add 10 minutes to your daily prayer time
for the next year.*

*“Pray constantly, give thanks in all circumstances;
for this is the will of God in Christ Jesus for you.”*

1 Thessalonians 5:17

PRAY YOUR WAY

Individually • In a small faith group • Together at Mass or Adoration



WHAT IS PRAYER?

Prayer is raising one's heart and mind to God through blessing, adoration, petition, intercession, thanksgiving, and praise. Prayer is simply talking with God.



Struggling with prayer—or even feeling angry with God—is okay. Bring it to Him in honest conversation. God is always near.



WE WILL SUPPORT AND PRAY WITH YOU!

Sign up for monthly texts or emails with intentions, prayers, ideas, and resources. Share your intentions, and we will pray for you, your family, and your friends.

SIGN UP ONLINE





SUGGESTIONS FOR THOSE INTERESTED IN FIRE-UP OUR PRAYERS +10

1. When you wake up, give those first moments to God.

Don't reach for social media or the news. Instead, make the Sign of the Cross. Thank God for the day, and ask Him to teach you how to walk with Him throughout the day, doing His work.

2. Pray each morning. Pray from your heart or recite one of these prayers. If you have a family, say it together.

MORNING PRAYER

God our Father, I offer You today
All that I think and do and say.
I offer it with what was done on earth
by Jesus Christ, Your Son. Amen.

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary,
I offer You my prayers, works, joys, and sufferings
of this day for all the intentions of Your Sacred Heart;
in union with the Holy Sacrifice of the Mass
throughout the world; for the salvation of souls,
the reparation of sins, the reunion of all Christians;
and in particular for the intentions of the Holy Father
this month. Amen.

DIVINE MERCY DEVOTION

Jesus, I trust in You.
Pray throughout the day.

3. Add something new to your relationship with God this year!

HOLY MASS

The ultimate prayer! Attend each weekend. If you can, add a weekday Mass—usually 30 minutes or less.

DIVINE MERCY CHAPLET

Usually prayed Fridays at 3:00 p.m. at St. John's.
Pick up instructions at church or pray online.

EUCCHARISTIC ADORATION

Fridays following the 8:30 a.m. Mass and second
Tuesdays following the 5:30 p.m. Mass.

LITURGY OF THE HOURS & ROSARY

Mondays at 7:00 and 7:30 a.m. at St. John's.

THE ROSARY

Come 30 minutes before any Mass, use an app,
or contact us for assistance.

PRAYER APPS

Explore FORMED and Amen—free for St. John's
members—plus Laudate, Hallow, Ascension,
and Iowa Catholic Radio.

THE BIBLE

Listen to God's Word. Borrow a Bible from the St. John's
Library—the room off the fellowship area—or contact us.

Choose one practice that helps you spend
ten more minutes with God each day.

