

Thank You for downloading my Free prayer guide I hope it helps you grow your prayer life. May God Bless You.
.....Conrad the Catholic

5-Minute Catholic Prayer Guide

1 Begin in God's Presence (1 minute)

Make the **Sign of the Cross**:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Take a slow breath.

Become aware that God is with you right now.

You may pray:

Lord, I believe You are here.

I adore You.

I thank You for this day.

Help me to pray.

2 Gratitude (1 minute)

Thank God for specific blessings from today:

- A person
- A moment
- A small grace
- Even a challenge that helped you grow

Thank You, Lord, for... (name them)

3 Short Scripture Reflection (1–2 minutes)

Read one short verse. For example:

From the Gospel of Matthew 11:28:

“Come to me, all you who labor and are burdened, and I will give you rest.”

Ask yourself:

- What word stands out to me?
- What is Jesus saying to me today?

Sit quietly for a few moments.

4 Speak to God (1 minute)

Talk to God honestly:

- Ask for help
- Pray for someone
- Offer your worries
- Ask forgiveness for any sins

You may say:

Jesus, I trust in You.

Help me to love You more.

5 Close with a Traditional Prayer (30 seconds)

Pray the **Our Father**:

Our Father, who art in heaven,
hallowed be Thy name;
Thy kingdom come;
Thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil. Amen.

Finish with the Sign of the Cross.