**GOLDEN RULES FOR PRAYER**

Plan to pray; do not leave it to chance. Select a time and a place (a room at home, in the car, taking a walk.)

Decide on how long you would spend in trying to pray (five minutes, ten, fifteen, thirty or more).

Decide what you are going to do when you pray - for example which prayer to select to say slowly and lovingly; or which passage from the Bible to read prayerfully. Sometimes use your own words; sometimes just be still and silent. Follow your inclination.

Always start by asking the Holy Spirit for help in your prayers. Pray “Come Holy Spirit, teach me to pray. Give me your help”.

Remember you are trying to get in touch with a Person, and that Person is God - Father or Son or Holy Spirit. God is waiting to get in touch with you.

Don't be a slave to one way of praying. Choose the one that you find easiest and try some other method when the one you are using becomes a burden or doesn't help.

Don't look for results.

If you have distractions, then turn your distractions into your prayer.

If you always feel dry and uninterested at prayer, then read a spiritual book or pamphlet. An article in a Catholic paper may be a help. Spiritual reading is important.

Trying to pray is praying. Never give up trying.

Cardinal Basil Hume OSB