

Contents

Introduction: Why Is Prayer Important?	xi
1. The Power of Prayer: A Holy Invitation	1
Let's Pray: Rest in Jesus' Presence	9
Meet Your Heavenly Friend: St. Gemma Galgani	10
Prayer Prompt: Talk to Jesus	13
2. The Basics of Prayer: Seek Him, Ask Him, Discover Him	15
Let's Pray: Lectio Divina	25
Meet Your Heavenly Friend: St. Teresa of Calcutta	26
Prayer Prompt: The Our Father	30
3. Living Pray-Fully: Praying through the Day	33
Let's Pray: What Is an Examen?	40
Meet Your Heavenly Friend: St. Gianna Beretta Molla	41
Prayer Prompt: Make an Examen	44
4. Becoming Women of Prayer: Cultivating a Legacy of Prayerfulness	47
Let's Pray: "Love One Another"	55
Meet Your Heavenly Friends: Sts. Louis and Zélie Martin	55
Prayer Prompt: Pray for a Legacy of Faith	59
5. Hello, Is Anyone Listening?: The Mystery of Unanswered Prayer	61
Let's Pray: Remember God's Goodness	67

Meet Your Heavenly Friend: Edith Stein (St. Teresa Benedicta of the Cross)	68
Prayer Prompt: "I Am Always in Your Midst"	72
6. Prayer Protections: Devotions to Draw Us Deeper into Prayer.	75
Let's Pray: Visio Divina	79
Meet Your Heavenly Friend:	
St. Margaret Mary Alacoque	83
Prayer Prompt: Dedication to the Sacred Heart	85
7. Pray with Me!: Personal and Traditional Prayers for Journaling and Reflection	87
Getting Started.	87
Ten Personal Reflections	89
My Prayer Journal, Chapter by Chapter	100
Our Favorite Prayers	107
My Favorite Prayers.	111
Study Guide	115
Acknowledgments	119
Notes	121
My Journal	127