



## Monthly Prayer Plan Ideas

Don't ignore your prayer life or let it get stale. Tackle spiritual dryness by creating a plan and adding variety to your prayer life. Pick a different prayer practice to focus on each month. If you find one is particularly easy, consider keeping it while you add in another one next month. However, if your prayer routine becomes so complex that you stop doing it, it's time to scale back, focus on one prayer practice and nail it every day.

**Below are some prayer ideas you can choose from. Pick one for each month of the year and do this practice every day for that entire month. Fill out the attached form with your choices.**

Rosary

Divine Mercy Chaplet

Pieta Prayers

Daily Mass

Daily Adoration

Subscribe to and read the Magnificat

Subscribe to Blessed is She for daily readings

Pick three novenas to do in one month

Spend 20 minutes listening to gospel music/hymns/Christian music – music is prayer too!

Journal every day and include an examine of conscious

Read the biography of a saint (pick another one if you finish before the month is up!)

Listen to a Catholic podcast everyday

Read the Liturgy of the Hours

Walk the Stations of the Cross (put up paper ones in your house if you can't make it to a church)

Choose a litany to say every day for the month (or maybe a different one every day)

Haven't memorized one of the major Catholic prayers (i.e. Memorare, Apostle's Creed etc.) Work on it every day until you know it by heart

Renew your baptismal promises everyday



## Monthly Prayer Plan Tips for Success

Even with the best intentions, it's easy to let our busy schedules get in the way of our prayer life. Even with this plan, focusing on just one prayer practice for an entire month, we can run out of steam and lose our excitement. Here are some tips for setting yourself up for success so you don't miss a single day! Your prayer life is extremely important to Jesus. He wants to hear from you every day.

"My daughter...why do you not tell me about everything that concerns you, even the smallest details? Tell Me about everything, and know that this will give Me great joy. I answered, But You know about everything, Lord." And Jesus replied to me, "Yes I do know; but you should not excuse yourself with the fact that I know, but with childlike simplicity talk to Me about everything, for my ears and heart are inclined towards you, and your words are dear to Me.(2; 921)" --St. Faustina, *Divine Mercy in my Soul*

### Tips for Success

- Tell a friend or your spouse of your prayer practice for the month. Bonus if you have a weekly check in meeting for accountability. This can be a five minute conversation!
- Create a dedicated space for your prayer practice. Maybe a comfy chair or in bed before you go to sleep. Make sure if you need anything (i.e. rosary beads, magnificat etc. that it's in your dedicated space)
- Set up a dedicated time for your prayer practice. If you miss this, don't let it stop you from accomplishing it for the day. Flexibility is good too!
- Minimize distractions by letting those in your life know when you'll be doing this prayer practice and that you're not to be disturbed.
- Forgive yourself! If you miss a day. Don't give up. Just start again the next day.
- Pick a reward for hitting all 30 days! Our ultimate reward will come in Heaven but a little earthly motivation isn't a bad thing if it keeps us in communion with Jesus every day!
- Involve your children if they are old enough to participate.
- Post a sticky note or a prayer card somewhere to remind you of your practice. This could be in the car or a note on your bathroom mirror.



## Monthly Prayer Plan

### January

Prayer Practice:

Identify ways you can set yourself up for success to make sure and do this every day:

### February

Prayer Practice:

Identify ways you can set yourself up for success to make sure and do this every day:

### March

Prayer Practice:

Identify ways you can set yourself up for success to make sure and do this every day:

### April

Prayer Practice:

Identify ways you can set yourself up for success to make sure and do this every day:

### May

Prayer Practice:

Identify ways you can set yourself up for success to make sure and do this every day:

### June

Prayer Practice:

Identify ways you can set yourself up for success to make sure and do this every day:



## Monthly Prayer Plan

### July

Prayer Practice:

Identify ways you can set yourself up for success to make sure and do this every day:

### August

Prayer Practice:

Identify ways you can set yourself up for success to make sure and do this every day:

### September

Prayer Practice:

Identify ways you can set yourself up for success to make sure and do this every day:

### October

Prayer Practice:

Identify ways you can set yourself up for success to make sure and do this every day:

### November

Prayer Practice:

Identify ways you can set yourself up for success to make sure and do this every day:

### December

Prayer Practice:

Identify ways you can set yourself up for success to make sure and do this every day: