

Lex Orandi | Lex Credendi

The Law of Prayer | The Law of Belief

CCC 1124 Lex Orandi, Lex Credendi

1124 The Church's faith precedes the faith of the believer who is invited to adhere to it. When the Church celebrates the sacraments, she confesses the faith received from the apostles—whence the ancient saying: *lex orandi, lex credenda*. The law of prayer is the law of faith: the Church believes as she prays. Liturgy is a constitutive element of the holy and living Tradition.

- The Church's words and methods of formal or liturgical prayer educate our intellects as well as train our bodies.
- There is always more to learn especially considering the infinite nature of God and his creativity.

Participate Intentionally

- We have responses and we sing hymns.
- What do these words mean?
- Make the prayers of the Mass your prayers.
- They are meant to challenge and instruct you.

Rest in Silence and Awe

- There are times for silence in the Mass.
- Silence is a powerful place where we interact with God.
- If we practice silence and focus outside of Mass it will be easier to practice them during Mass.

Postures of Prayer

- Sitting, Standing, Kneeling, genuflecting
- Folded hands, Open hands
- Procession, Sitting
- What we do in our bodies matters.
- Our interior reality can be directed by our exterior reality.

Focus on Cross

- The whole Mass is a prayer to the Father in the Son through the Spirit.
- It recapitulates Jesus sacrifice on Calvary.
- Look at the Crucifix and direct your prayers to Jesus on the Cross.
- In prayer we talk directly to God. The image can help us to talk more freely.

Prayer before and offer Thanksgiving after

- Ask the Lord for what you want.
- Thank the Lord for what he has given you.
- Being deliberate with our prayers acknowledges that God is more powerful than we are.
- It also concretizes our status as children of our father in heaven.

See the Mystery

- Salvation history is played out in front of us every Sunday.
- God has shown us how to worship him.
- The liturgical reality is the deepest experience of Heaven on Earth and grounds us in the deepest reality.