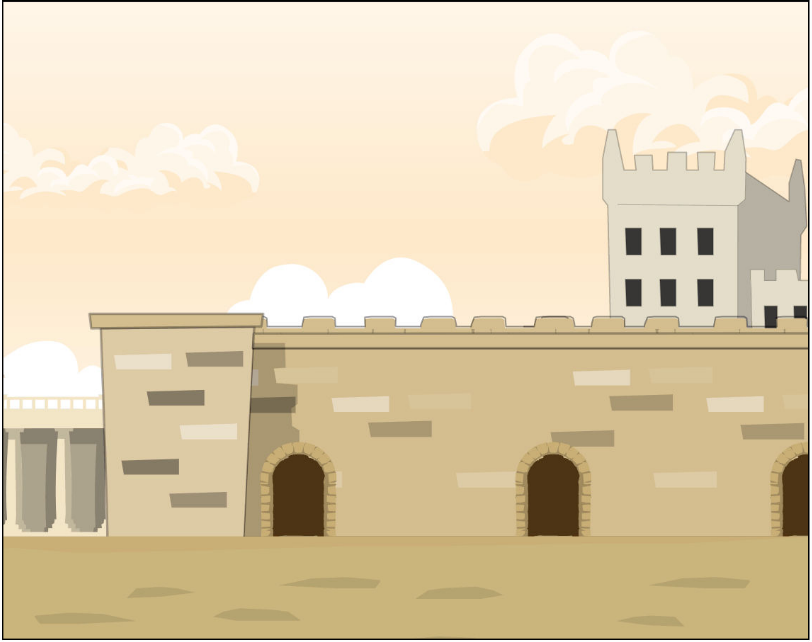
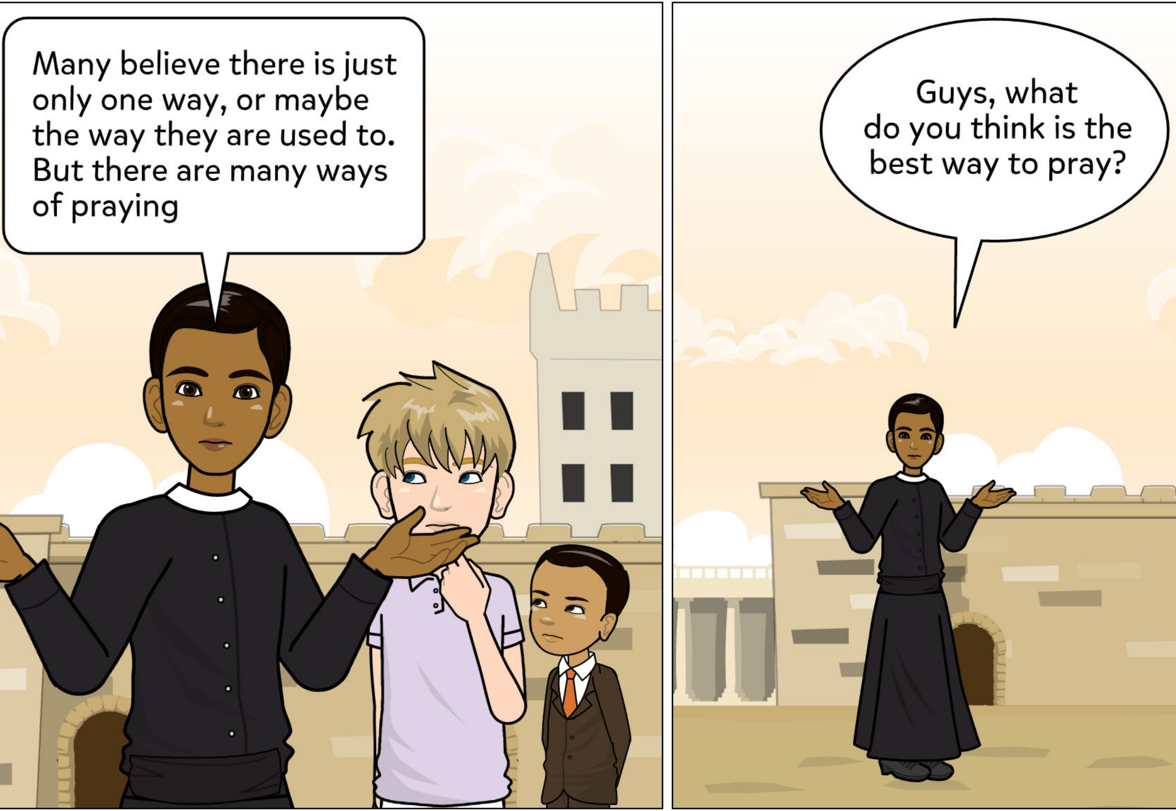
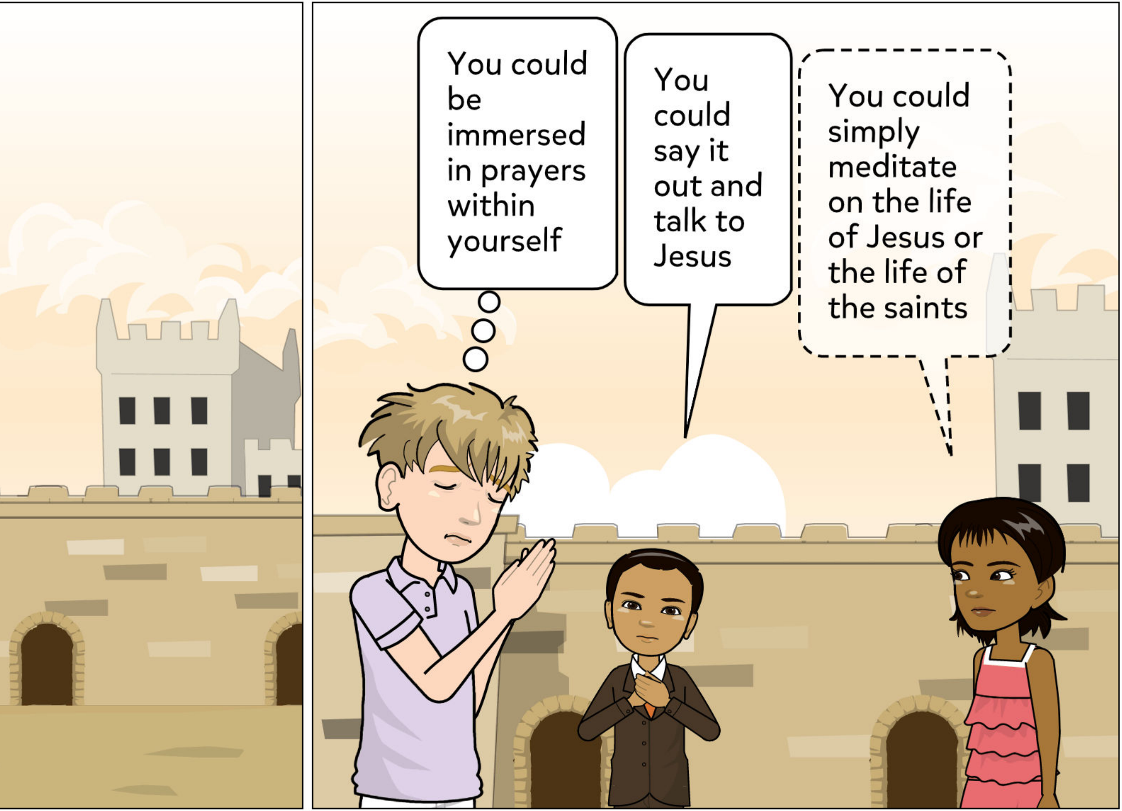
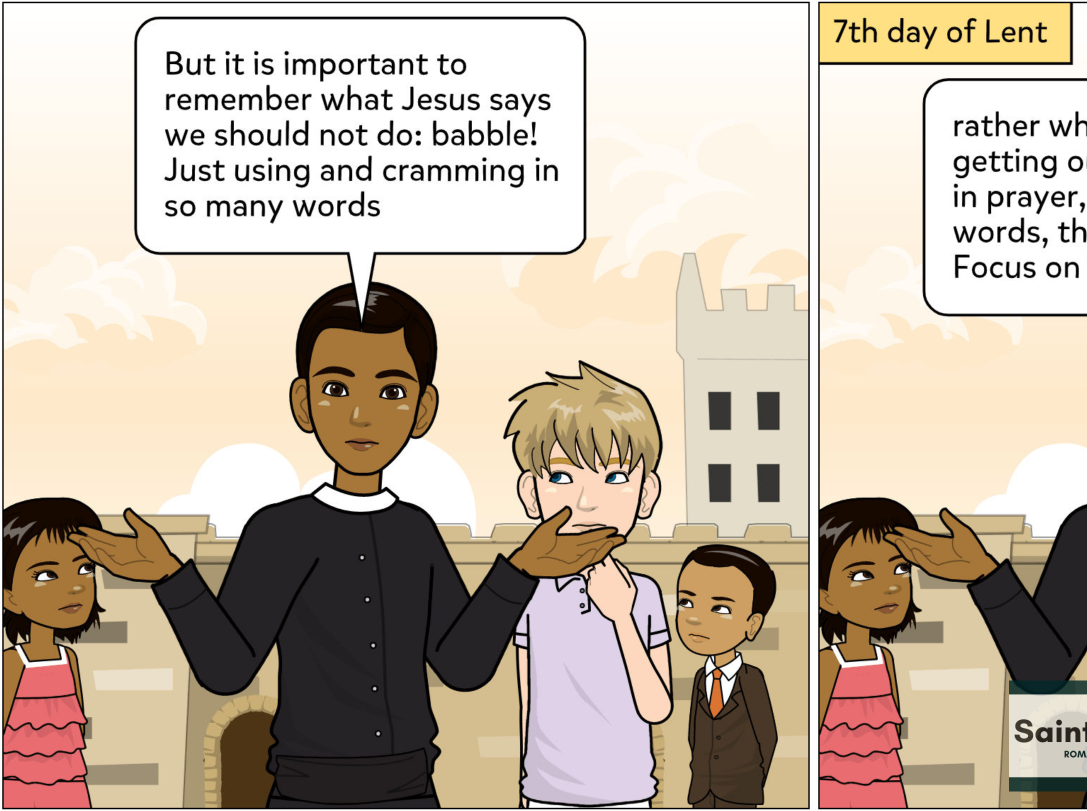
Jesus said to his disciples: “In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. (Matthew 6:7)




Many believe there is just only one way, or maybe the way they are used to. But there are many ways of praying
Guys, what do you think is the best way to pray?


You could be immersed in prayers within yourself
You could say it out and talk to Jesus
You could simply meditate on the life of Jesus or the life of the saints


But it is important to remember what Jesus says we should not do: babble! Just using and cramming in so many words
7th day of Lent
rather wh
getting o
in prayer,
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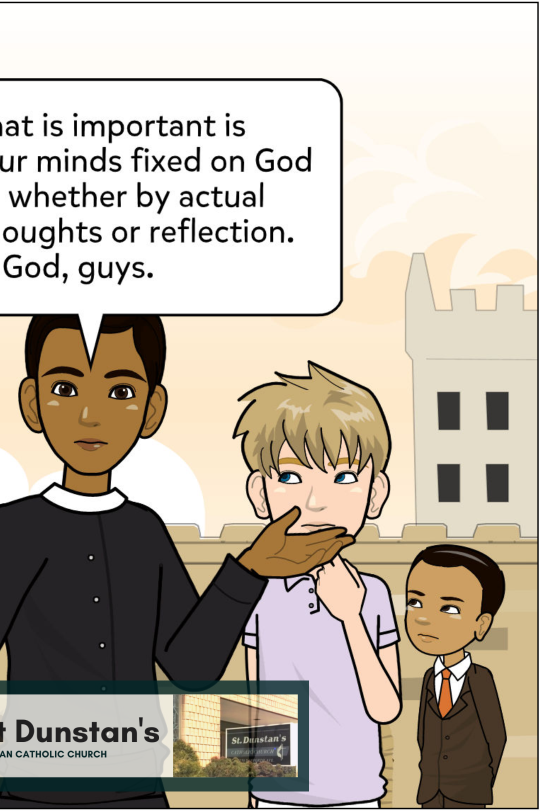
Focus on


at is important is
ur minds fixed on God
whether by actual
oughts or reflection.
God, guys.
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AN CATHOLIC CHURCH
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