

The Church prays at all times.

WE GATHER

✝ From the rising of the sun to its setting
let the name of the LORD be praised.
(Psalm 113:3, italics added)

There are twenty-four hours in each day.
How often do you pray during the day?
What is your favorite time to pray? Why?

WE BELIEVE

Did you know that the Church is always at prayer? As the earth turns, it is night in one part of the world when it is day someplace else. In one part of the world, children are beginning their school day by praying.

Yet at the same time in another part of the world, children are saying their prayers before going to bed.

There are special prayers called the Liturgy of the Hours. These prayers are prayed seven different times during the day. So somewhere in the world, people are always praying the Liturgy of the Hours. And at every moment of the day, Catholics are celebrating Mass and the sacraments somewhere in the world.

There are many different prayer customs in the Church. If we could travel around the world, we would be able to pray in many different languages and in many different ways. For example, in some countries, we would find people praying by singing or by taking part in dances.

Other people would be praying by walking through the streets in processions. In some countries, we would see people praying at shrines set up along the roads. In other places, we would see people making journeys to holy places. These prayer-journeys are called **pilgrimages**.

Key Word

pilgrimages prayer-journeys to holy places

The greatest prayer of the Church is the Mass. It is the prayer that unites us all and leads us to live as Jesus' disciples. The Mass is the celebration of the Eucharist, the sacrament of the Body and Blood of Christ. No matter where we are in the world, we can recognize that we are celebrating the Mass. The language might be different but what happens during the celebration of the Mass does not change. We are celebrating that Jesus came and gave his life to save us and to give us life forever.

WE RESPOND

How do members of the Church pray at different times throughout the day?

🕒 Mark a time that you pray on the clock face. Then write the kinds of prayers you pray.

