



A 3-DAY CATHOLIC PRAYER JOURNEY

Your Journey Back to Prayer

*Begin again with a few quiet minutes,
an open heart, and Jesus meeting you where you are*

practicalfaiths.com

WELCOME

Before You Begin

You do not need to fix your whole prayer life today. You need one small, honest start. This guide gives you three days, one short sitting each, with Scripture, a reflection, a simple prayer, and one step to take.

HOW TO USE IT

- 1. Pick your pace.** Each day offers a 5-minute, a 10–15 minute, and a 20+ minute version. The 5-minute version is a real prayer, not a lesser one.
- 2. Same time, same place.** Choose a spot and a time you can repeat tomorrow. Silence your phone.
- 3. Do not wait to feel anything.** Prayer is faithfulness before it is feeling. Show up and speak honestly.
- 4. Write one sentence.** The journal lines at the end of each day keep the prayer from fading by lunchtime.

YOUR 3-DAY TRACKER

DAY	WHEN AND WHERE I PRAYED	DONE
Day 1: Come to Jesus as You Are		
Day 2: Let God Into Your Worries		
Day 3: Begin Again Without Giving Up		

Core Catholic Prayers

Used in the 10–15 and 20+ minute versions. Keep this page nearby.

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

OUR FATHER

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

HAIL MARY

Hail Mary, full of grace, the Lord is with thee; blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

GLORY BE

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

A DECADE OF THE ROSARY

One Our Father, ten Hail Marys, one Glory Be, while meditating on a moment in the life of Christ.

DAY 1

Come to Jesus as You Are

You don't need to feel holy before you pray

"Come to me, all you that labour, and are burdened, and I will refresh you."

MATTHEW 11:28

REFLECTION

You don't have to wait until you feel holy, focused, or spiritually strong before you pray. Jesus invites you to come to Him with the life you actually have: your unanswered questions, tiredness, disappointments, gratitude, and fears.

Today, let prayer be less about finding perfect words and more about showing up. Sit quietly for five minutes. Put aside your distractions as best you can, and speak honestly to the Lord.

A SIMPLE PRAYER

Lord Jesus, I come to You as I am. You know what weighs on my heart and what I struggle to put into words. Help me stop hiding behind my busyness and make room for You today. Teach me to rest in Your presence and trust in Your love. Amen.

Choose Your Pace

5 MINUTES The Quiet Version	Make the Sign of the Cross. Read the Scripture slowly. Tell Jesus the one thing weighing on your heart. Pray the simple prayer. Sit quietly until five minutes are up.
10–15 MINUTES The Guided Version	Do the 5-minute version, then pray the Our Father slowly, one phrase at a time. Add one Hail Mary. Stay in silence for the last five minutes without trying to fix anything.
20+ MINUTES The Deeper Version	Read Matthew 11:25–30 in your Bible. Pray the simple prayer, then a decade of the Rosary, offering each Hail Mary for something that weighs on you. Finish by writing what you told Jesus.

YOUR STEP FOR TODAY

Spend five quiet minutes with Jesus. Tell Him one thing that has been weighing on your heart.

JOURNAL

What did I tell Jesus today that I have not said to anyone else?

DAY 2

Let God Into Your Worries

You were never meant to carry it all alone

“Casting all your care upon him, for he hath care of you.”

1 PETER 5:7

REFLECTION

Sometimes we carry our worries for so long that we forget we can bring them to God. We keep replaying conversations, imagining worst-case scenarios, and trying to solve everything in our own strength.

Prayer doesn't mean pretending your problems aren't real. It means bringing them honestly before the One who knows you and cares for you.

Today, name one worry you have been carrying. Ask God for the grace to handle what you can change and the patience to entrust what you cannot control to Him.

A SIMPLE PRAYER

Heavenly Father, You know the worries I carry, even the ones I keep to myself. Give me wisdom for the decisions before me and peace when I cannot see what comes next. Help me remember that I do not have to face every burden alone. I place my concerns in Your hands. Amen.

Choose Your Pace

5 MINUTES The Quiet Version	Make the Sign of the Cross. Write one worry on the journal lines. Pray the simple prayer, offering that worry to God. When it returns today, gently turn back to Him.
10–15 MINUTES The Guided Version	Write one worry and divide it into two lists: what I can change, and what I cannot. Pray the Our Father, then ask God for wisdom on the first list and trust on the second.
20+ MINUTES The Deeper Version	Read 1 Peter 5:6–11 slowly. Do the 10–15 minute version, then pray a decade of the Rosary for the worry. If it has been a while, consider booking Confession this week.

YOUR STEP FOR TODAY

Write down one worry and offer it to God in prayer. When it returns to your mind, gently turn your attention back to Him.

JOURNAL

My worry is... What I can change is... What I give to God is...

Begin Again Without Giving Up

A missed prayer is not a failed prayer life

“They are new every morning, great is thy faithfulness.”

LAMENTATIONS 3:23

REFLECTION

A difficult morning, a missed prayer, or a distracted week does not mean you have failed beyond repair. The Christian life is a journey of returning to God, again and again, with humility and hope.

You may not always feel inspired to pray. Some days, prayer will feel peaceful; other days, it may feel like an act of faith with no immediate comfort. Both can be part of a sincere relationship with God.

What matters today is not promising to become perfect overnight. It is choosing one small, realistic way to make room for the Lord tomorrow.

A SIMPLE PRAYER

Merciful God, thank You for never asking me to earn Your love through perfection. When I become distracted or discouraged, help me begin again. Give me a faithful heart, a patient spirit, and the desire to seek You in ordinary moments. May prayer become a natural part of my daily life. Through Christ our Lord. Amen.

Choose Your Pace

5 MINUTES The Quiet Version	Make the Sign of the Cross. Choose the time of day you will pray this coming week and write it on the lines. Pray the simple prayer and the Glory Be.
10–15 MINUTES The Guided Version	Choose a time and a place, and set a phone reminder. Pray the Our Father and a Hail Mary, asking for the grace to begin again each time you fall away. Write your first week's plan.
20+ MINUTES The Deeper Version	Plan seven days: time, place, and one prayer or Scripture passage for each day. Pray a decade of the Rosary, thanking God for His patience. Place your plan where you will see it daily.

YOUR STEP FOR TODAY

Choose a regular five- or ten-minute prayer time for the coming week. Start small, and return to it whenever you fall away.

JOURNAL

My prayer time this week is... I will start with... When I miss a day, I will...

WHAT'S NEXT

Keep Growing in Your Prayer Life

These three days are only a beginning. A steady prayer life is built through small acts of faithfulness, not by getting everything right at once. Keep this simple rhythm:

READ	Spend a few minutes with a passage of Scripture.
REFLECT	Ask what the passage reveals about God and your life.
PRAY	Speak honestly to God, and leave a little time for silence.
ACT	Choose one small way to live what you have prayed about.

You can also draw on the Church's prayer tradition: the Rosary, the Psalms, the Liturgy of the Hours, and time before the Blessed Sacrament when possible.

CONTINUE THE JOURNEY

Continue with the full 30-Day Catholic Prayer Devotional

Option 1: Join on Patreon, from \$3 a month. Members get the full 30-Day Catholic Prayer Devotional free, plus **[REPLACE: 2-3 other member benefits, how often]**

patreon.com/c/practicalfaiths

Option 2: Prefer a one-time purchase? Get the 30-Day Catholic Prayer Devotional for \$10: **[ADD PURCHASE LINK]**

May these first three days be the beginning of a deeper, more faithful walk with Christ.

Practical Faiths: helping you bring your Catholic faith into everyday life.