

# PRAY A 5K 2020

## ST. PAUL FAITH FORMATION

"Start by doing what's necessary, then what's possible;  
and suddenly you are doing the impossible."

St. Francis of Assisi

October 4th is the Feast of St. Francis of Assisi. He is the patron saint of animals & ecology because of his love for God's creation! Plan time to pray using this handout, enjoy the outdoors with your family, and walk or run a 5K. Donations to Tommy Strong will support the medical community, and families who are coping with pediatric cancers.

**Improve your spiritual fitness. Push yourself. Choose a plan.**

### PLAN #1 1 DECADE



### PLAN #2 THE ROSARY



### PLAN #3 LECTIO DIVINA:



MEDITATING WITH SCRIPTURE

## PLAN #1 - 1 DECADE

### On your family walk, review your week:

- Thank God for the "Highs": that great moment at school, the friend that cheered you up, the great dinner you had with your family, etc.
- Ask God for help with the "Lows": to be more patient with people, to think less of ourselves and more about others, to be joyful even when things are hard, to have courage, etc.
- Pray for Tommy Strong and the families who are coping with pediatric cancer as a special intention.
- Pray 1 Decade of the Rosary: Sign of the Cross, 1 Our Father, 10 Hail Marys, 1 Glory Be

### 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 among 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.

## **PLAN #2 - THE ROSARY**

### **Before your walk/run:**

- Decide as a family what intentions you want to pray for. You can offer up the whole rosary for 1 prayer intention, or you can choose an intention for each decade of the rosary (5 total).
- Pray for Tommy Strong and the families who are coping with pediatric cancer as a special intention.
- Begin praying the rosary: Sign of the Cross, Apostle's Creed, 1 Our Father, 3 Hail Marys, 1 Glory Be.

### **During your walk/run:**

- If you decided on multiple prayer intentions, first name your prayer intention, then pray each decade: 1 Our Father, 10 Hail Marys, 1 Glory Be.
- If you're running, get into a good prayer rhythm with your breathing & strides!
- End with the Hail, Holy Queen & the Sign of the Cross.

### **APOSTLE'S CREED**

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

### **HAIL HOLY QUEEN**

Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us; and, after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us O holy mother of God, \* that we may be made worthy of the promises of Christ.

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## **PLAN #3 - Lectio Divina: Meditating on Scripture** **It would be a good idea to choose a route that has few distractions.**

### **As a family, before your walk/run:**

- Choose a Scripture passage: find Sunday readings at [usccb.org](http://usccb.org). 2nd Reading for Oct. 4 is great!
- Read the Scripture passage, slowly & thoughtfully, at least twice.
- Memorize the word or phrase that stands out most to you.

### **Individually, during your walk/run:**

1. Silently repeat the word or phrase for a while. Get into a good rhythm with your breathing & strides
2. Let the word or phrase guide you, and connect it to your life. You might think of a person, or a situation in your life right now. Be open, don't force a thought. If you get distracted, acknowledge it and then refocus. Ask, "Why did this problem/person/image come into my head while thinking of this Scripture passage?"
3. Talk to God about the problem/person/image that came to mind. Ask Him questions and tell Him your thoughts. It is common to go back & forth between steps 2 & 3.
4. Silence your mind, and let God speak.