There are many approaches to prayer available from a variety of online sources and written materials. A common rubric for personal prayers is offered using the acronym of A.C.T.S. representing four aspects of prayer modeled in Jesus' teaching on prayer (Mt 6:5-15).

- **Adoration**: Acknowledging the greatness and dominion of God.
- **Confession**: Recognizing our own sinfulness and committing to change.
- **Thanksgiving**: Responding with gratitude for all that God gives us and does for us.
- **Supplication**: Asking for our needs and the needs of others.

We focus on a habit of daily prayer to build a stronger and more personal relationship with God, to grow in faith, and for heavenly guidance. Adding regular scriptural reflection enhances this relationship. Borrowing from a good friend and advisor, Fr. Francis Martin, I offer the following modified model introducing a new acronym – **A.R.M.S.** – evoking the image of resting in the arms of Jesus. For those who feel a more active call, the acronym – **A.R.M.I.** – offers an image of joining the **army** of God in the fight for his kingdom.

Acknowledge God *Adoration*	We acknowledge the greatness and dominion of God and give thanks for all that He provides and how He cares for us.
Return to God *Reconciliation*	We recognize our own sinfulness, our thoughts, words, and actions that work against the kingdom of God, and return to (reconcile with) God by committing to change our ways.
Move towards God *Meditation*	We delve into Gods Word and allow it to change our heart, bring us greater understanding of him, and draw us into closer union with the Trinity.
Invite God *Supplication/Intercession*	We invite God into our lives and communities by asking for our needs and the needs of others, particularly those needs that would aid us in attaining virtue and holiness.

This focus on a personal relationship with God through daily prayer does not replace the need for community prayer, praise & worship, or prayer recitation. Rather it offers an opportunity to add depth to your life of faith and relationship with God and with each other. Reading the scriptures is one of the best ways to get to know God and to hear from God. Jesus says, "If you know me, then you will also scripture in his articles: *Reading the scriptures - Lectio Divina* and *Going Deeper in Prayer*.

The following notes combine The Lord's Prayer with the A.R.M.S./A.R.M.I. rubric along with suggested scripture references to help accomplish each aspect of prayer. The Psalms provide great guidance and examples for the different aspects of prayer. *The Catholic Mass also follows this prayer model (as noted)*.

The general goal is to spend an hour with Jesus. Begin initially with five minute intervals (total of 30 minutes). Find our helpful Prayer Guide and Journal online that lays out the four core attitudes of prayer!

The Lord's Prayer	The Lord's Prayer	Description	Scripture
Begin		Find a quiet place where distractions are minimized. Arrange your area, perhaps light a candle, and have a journal available for writing thoughts, insights or inspired prayers. Recollect yourself, and place (or imagine) yourself in the presence of Jesus. Begin *"In the name of the Father, and of the Son, and of the Holy Spirit."* As you begin, take a few moments to unburden yourself, to unload the baggage that weighs us down and keeps us from prayer. Don't worry, you can pick up the baggage again when you're done.	
Acknowledge **A**doration	*Our Father, who art in heaven, hallowed be Thy name.*	We honor God for his greatness, his love and his mercy. We acknowledge that He created us and all things, that He gives us our very breath every day. We thank God for all he gives us and does for us. *Catholic Mass: The opening hymn, the Gloria, and Holy, Holy*	Psalms: 8, 100, 103-107, 111-118, 145-150
Return **R**econciliation	*Thy kingdom come; Thy will be done on earth as it is in heaven.*	We are called to bring the kingdom of God into this world by living a life of love and compassion. Often heaviness on our hearts and our resulting behaviors stand in the way of God's kingdom and his will. By repenting, we allow God to strengthen his will in us. *Catholic Mass: I Confess, Have Mercy, I am not Worthy*	Psalms: 25, 51, 32, 36, 38, 102, 143
Move **M**editation	*Give us this day our daily bread, and forgive us our sins as we forgive those who sin against us;*	God provides for all our physical and spiritual needs. He feeds our soul with Jesus' Body and Blood, with his Word and with his Mercy. God can be more effective in us when we acknowledge that he is the source of all we need, of our very being, and when we forgive others, particularly when it seems difficult or even impossible. God speaks to us (feeds us) through his Word. We read the scriptures and meditate on them asking God to teach us about our lives, our faith and how we can integrate them into our daily habits. See additional notes below. *Catholic Mass: Scripture Readings, the Homily, the Eucharist*	Pick a scripture randomly or from the lectionary (readings of the day), or begin with a book from the bible and reflect on a few verses a day. (The First Book of John is a great place to start.)
Invite **S**upplication **I**ntercession	*And lead us not into temptation but deliver us from evil.*	God wants us to trust him with our brokenness rather than hold onto it ourselves. He hears all our prayers and wants us to come to him with our needs. We also pray for others. Pray for the leaders of the church and our nation, the rich and poor, our friends and our enemies. *Catholic Mass: Prayers of the Faithful, prayers before Eucharist*	Psalms: 44, 60, 74, 79, 80, 83, 85, 106
End	*Amen.*	Take a few minutes to call to mind the many blessings God has given you this day and give thanks. End *"In the name of the Father, and of the Son, and of the Holy Spirit."* Thank Jesus for giving you this time and write down any final thoughts.	