

## **Pray with the Pope**

### **How to Pray?**

#### **Key Attitudes:**

1. With simplicity and an open heart.
2. In communion with a network of 22 million people.
3. At a time when you can concentrate.

#### **Key Steps:**

1. Prepare yourself.
2. Greet the Lord.
3. Make silence.
4. Accompany the prayer of the month.
5. Conclude with your own words.

### **How to Use This Material with Groups?**

Invite others to start or conclude meetings by praying with the Pope for the challenges of humanity and the mission of the Church, as expressed in his monthly prayer intention.

You can find the prayer of the month used by the Holy Father on the website [popesprayer.va](http://popesprayer.va). We suggest printing it or sending it via message to those participating with you in the moment of prayer.

If you use the video, make sure to activate the subtitles in your preferred language to follow the words of Pope Leo XIV. At the end, you can pray the Our Father together in your own language as a sign of fraternity and in communion with the entire universal Church.

If you use the audio (available only in English, Spanish, and Italian), we suggest inviting participants to close their eyes and let themselves be carried away without haste, making each word and phrase their own, allowing the Lord to awaken in their hearts the desire for a response of love and solidarity.