

The How-to Book of Catholic Devotions: Everything You Need to Know But No One Ever Taught You

Mike Aquilina, Regis J. Flaherty



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De-vo-tion (di-voh-shun) n. 1. Great love or loyalty, enthusiasm, or zeal. 2. Religious worship. 3. Prayers.

You know a lot about the Catholic Church, or maybe you are just learning, but there are things that confuse you—like what to do when you pray a novena, or how to "offer up" something, exactly what the Angelus is, or any of the dozens of other devotions that set Catholics apart from other Christians. But help is here! The How-To Book of Catholic Devotions is the only book that not only provides the who, what, where, when, and why of the most time-honored traditions of the Church but also the how. In this complete guide you get:

- step-by-step guidelines to all the devotional rites and rituals of the Catholic Faith
- a history of each devotion and a reflection on its importance in the prayer life of Catholics
- succinct and salient quotes from saints and prominent members of the Church
- cautions, drawn from Scripture and Tradition, for potential temptations and distractions
- the blessings and graces associated with the devotions

If you want to learn what devotions comprise a truly Catholic life—and share those practices with others—you can't be without The How-To Book of Catholic Devotions.

Now discover how to:

- Pray the Sign of the Cross, Morning Offering, Grace Before Meals, Acts of Faith, Hope, and Love, and many more
- Pray the Angelus
- Make First Fridays and First Saturdays
- Make a novena
- "Offer up" something
- Pray the Rosary
- Read the Bible
- Practice mental prayer
- Examine your conscience
- Fast and abstain

- Pray with sacred images
- Consecrate your life to the Sacred Heart of Jesus or the Immaculate Heart of Mary
- Make a pilgrimage
- Wear a scapular

"This charming book shows you how to plunge in and do all the things devout Catholics do. Learning to pray in Catholic ways, learning to use Catholic things like scapulars and blessings and holy water, and learning to eat fish on Friday while knowing why -- all this amounts to more than one might think. Learning the practices of faith is learning faith again, and remembering why faith is so human and so sacred, and so dear to us."-- Fr. Ronald Lawler, O.F.M. Cap. Member, Pontifical Roman Theological Academy



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