



How to Pray Like Jesus and the Saints: A Study Guide for Catholics

Alfred McBride, O.Praem

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How many times do we let the pressures of life and work take over our days at the expense of prayer? How many times do we feel alone and frightened? How many times do we think our problems are unique?

Follow in the footsteps of the Apostles when they asked Jesus to teach them to pray as he did. Learn from St. Augustine, St. Catherine of Siena, St. Ignatius, St. Teresa of Avila, St. Francis de Sales, and St. Therese of Lisieux as they exemplify incredible devotions to prayer each in their own way.


Discover God's Prayer book

Connect understanding and belief

Balance contemplation and action

Initiate practical, spiritual exercises

Whether used as a springboard for personal spiritual growth, or as a small-group study resource, this book will enlighten and motivate your spirit with Father McBride's brilliant, yet simple story-telling skills. Sidebars, thematic art, discussion questions, and passages for contemplation add depth to each of its chapters.

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