

St. Pius X

“Love One Another”



Confirmation
2 Year Program
2021-2022
7th Grade Year One



St. Pius X

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Overview of Confirmation

What is Confirmation?

Confirmation is the sacrament instituted by Christ, in promising to send the Holy Spirit (Jn 14:15-21) and attested to in the early Church (Acts 8:19). The Bishop or priest appointed by him invokes the gift of the Holy Spirit upon a baptized person and anoints them with holy chrism. The effect of which is the increase and strengthening of the grace, the person received at their baptism.

What are the effects of the Sacrament of Confirmation?

It roots us more deeply in our identity as true sons and daughters of God our Father.

It unites us more firmly to Christ

It increases the gifts of the Holy Spirit (wisdom, understanding, knowledge, courage, right judgment, piety, & fear of the Lord) in our hearts.

It binds us more perfectly to the Church, which is Christ's Body.

It gives us a special strength of the Holy Spirit to spread and defend the faith in word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross.

Catechism of the Catholic Church #1303

Why do we prepare for Confirmation like this?

“Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit—his actions, his gifts, and his biddings—in order to be more capable of assuming the apostolic responsibilities of Christian life. To this end catechesis for Confirmation should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church as well as the parish community. The latter bears special responsibility for the preparation of confirmands.”

Catechism of the Catholic Church #1309

All the elements of our confirmation program are intended to be means through which our students are led “toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit”, so that they may be “more capable of assuming the apostolic responsibilities of Christian life.”

Service projects, retreats, prayer & devotional practices, attending Mass every week; all of these things are asked of our students with the above goal in mind, because it is through these channels that we grow closer to God who transforms us into saints!

Overview of Program Requirements

What projects and activities must I work on throughout the year?

- ◆ Spiritual Practices & Devotions (ongoing with monthly reflection questions due at end of each month)
- ◆ Retreat Reflection Essay
- ◆ 6 Service Hours Per Semester: 3 Corporal and 3 Spiritual
- ◆ Learn the “Must Knows” for 7th grade.
- ◆ Sunday Mass Attendance
- ◆ Reconciliation (ongoing, necessary prior to receiving Confirmation)

Expectations of Youth

Part of the purpose of Confirmation preparation is to prepare youth to “be more capable of assuming the apostolic responsibilities of Christian life.” (Catechism of the Catholic Church #1309) Therefore, the youth participating in this program should strive to fulfill certain expectations asked of them to better enable them to assume the responsibilities associated with living out their faith.

Youth are expected to...

PRAY DAILY. Without seeking to be close to God in prayer, much of the other things expected of our youth will make little difference in the end. Pray for the Gifts of the Holy Spirit (wisdom, knowledge, understanding, courage, right judgment, reverence, and fear of the Lord) to help you as you prepare for Confirmation and live out your life as a Catholic Christian.

ATTEND SUNDAY MASS WEEKLY. The celebration of the Eucharist is the center of our lives as Catholic Christians, because that is where we encounter Jesus in a way that is unlike any other. It is critical that we attend Mass on Sundays to worship God and honor his commandment to “keep holy the Sabbath.”

ATTEND CLASS ON A REGULAR BASIS through religion classes at St. Pius X Catholic School.

ATTEND THE CONFIRMATION MEETINGS. These are the meetings where necessary information will be discussed and questions answered regarding the Confirmation program and key theological concepts associated with the sacrament. It is imperative that you attend these meetings. **Dates September 27th and February 28th**

ATTEND A CONFIRMATION RETREAT. A retreat can be a life changing experience and all youth are expected to attend a Confirmation-specific retreat prior to being confirmed. The retreat will be held on the SPX campus date TBD.

TAKE RESPONSIBILITY FOR COMPLETING ALL REQUIREMENTS OUTLINED FOR THIS SCHOOL YEAR. It is your responsibility to seek out and participate in the Works of Mercy (service/spiritual), regularly participate in Catholic spiritual practices and devotions, complete a reflection paper over the retreat, and learn the “must know” for a 7th grader preparing for Confirmation.

PLEASE UNDERSTAND THAT NEGLECT OR UNWILLINGNESS TO MEET THESE EXPECTATIONS MAY RESULT IN CONFIRMATION BEING DELAYED UNTIL A LATER TIME.

Expectations of Parents

As parents, it is a great honor, privilege and responsibility to be entrusted by God with the souls of your children. Our Church teaches that the education of children in the faith by parents “happens when family members help one another to grow in faith by the witness of a Christian life in keeping with the Gospel” and that “family catechism precedes, accompanies, and enriches other forms of instruction in the faith” (Catechism of the Catholic Church #2226).

“The role of parents in education is of such importance that it is almost impossible to provide an adequate substitute. The right and the duty of parents to educate their children are primordial and inalienable. (Catechism of the Catholic Church #2221) Education in the faith by the parents should begin in the child’s earliest years. (Catechism of the Catholic Church #2225)

To this end therefore, we encourage all parents to view this time of Confirmation preparation as an opportunity to develop and strengthen their role as the primary educators and spiritual leaders of their children. Thus, we ask and encourage you as parents to commit yourselves to the following expectations for the benefit and support of your own spiritual life as well as that of your child(ren).

Parents are expected to...

PRAY DAILY. Without seeking to be close to God in prayer, much of the things we may do as parents will make little difference in the end. Pray for the Gifts of the Holy Spirit (wisdom, knowledge, understanding, courage, right judgment, reverence, and fear of the Lord) to help you aid your child in their faith journey as they seek to grow closer to the Lord.

ATTEND MASS WEEKLY. Worshiping the Lord together is so important to the life of a family. The family is the “domestic church” and a “center of living and vibrant faith” (Catechism of the Catholic Church #1656). Please attend Mass on Sundays to pray for your family, yourselves as parents, and your children.

ATTEND THE TWO CONFIRMATION MEETINGS. In order to help your child(ren) through this preparation process, it is important that you are well informed about the program and the theology of Confirmation. It is imperative that you attend these meetings with your child(ren). Dates September 27th and February 28th.

HELP YOUR CHILD(REN) ON THIS JOURNEY. Most of the requirements of these Confirmation program requirements can be fulfilled by the youth if they take the responsibility and initiative. However, they may need a reminder, some help, or guidance. Help them to remember to pray by praying with them. Help them to serve by serving with them. Help them to get to Mass by going with them.

Monthly Reflections

September Reflection Due 9/30th

As you begin to journey towards the sacrament of Confirmation, take a moment to reflect on these questions.

1. What does the sacrament of Confirmation mean to you?
2. What is a question you have about being Catholic?

October Reflection Due 10/29

1. How would you describe your relationship with God? Are you happy with where it is right now?
2. What are characteristics you have seen in others that show you they are faithful Christians?
3. Set a prayer challenge. (A way you can pray more in your daily life)

November Reflection Due 11/30

Confirmation is part of our initiation into the faith community

Scripture Reflection: “For through faith you are all children of God in Christ Jesus. For all of you who were baptized into Christ have clothed yourselves with Christ. There is neither Jew nor Greek, there is neither slave nor free person, there is not male and female; for you are all one in Christ Jesus.” - Galatians 3:26-29

1. What does the verse from Galatians mean to you? Why do you think it relates to Confirmation?
2. How has your Baptism shaped your life?
3. Why do you think it is important to be a part of a faith community?
4. How can you become more a part of the faith community as you prepare for Confirmation?

January Reflection Due 1/28

Confirmation Strengthens Us for Discipleship, Mission, and Witness to Our Faith

Scripture Reflection: “When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each of them. And they were all filled with the Holy Spirit and began to speak in different tongues as the Spirit enabled them to proclaim.” -Acts 2:1-4

1. What does the verse from Acts mean to you? Why do you think it relates to Confirmation?
2. What do you think it means to be a witness for Christ? What do you think it looks like?
3. How have you showed the presence of Jesus in your daily life? (Ex. Actions, volunteering, words, etc.)
4. How can you better work on showing Christ’s love to people you encounter every day?

February Reflection : *Confirmation Is a Celebration Of The Community Of Faith Due 2/25*

Scripture Reflection: “The body is one and has many members, but all the members, many though they are, are one body; and so it is with Christ. It was in one Spirit that all of us, whether Jew or Greek, slave or free, were baptized into one body. All of us have been given to drink of the one Spirit. Now the body is not one member, it is many....You, then, are the body of Christ. Every one of you is a member of it.” -1 Corinthians 12:12-13, 27

1. What does the verse from 1 Corinthians mean to you? Why do you think it relates to Confirmation?
2. How have you been blessed by the gifts of others in your faith community?
3. What is a gift you can bring to the faith community?
4. How can you become more involved in the community after you are confirmed?

March Reflection Due 3/31

We Are Confirmed In the Name of God the Creator, The Redeemer, And The Holy Spirit

Scripture Reflection: “There are different kinds of spiritual gifts but the same Spirit; there are different forms of service but the same Lord; there are different workings but the same God who produces all of them in everyone. To each individual the manifestation of the Spirit is given for some benefit.”

-1 Corinthians 12:4-7

1. What does the verse from 1 Corinthians mean to you? Why do you think it relates to Confirmation?
2. Name a moment when you felt the presence of God in your life?
3. What are the 7 Gifts of the Holy Spirit? Do you feel like one of the 7 Gifts of the Holy Spirit is stronger in your personal life right now?
4. How has the Holy Spirit been present in your life? How can you work on becoming more aware of the Holy Spirit?

CHRISTIAN SERVICE

Christian service, also known as stewardship, is a sharing of our time and talent through service of others. It is our way of thanking God for the gifts and blessings we have been given. Serving others is an integral part of our lives as Catholic Christians. It should be something we want to do in following the example of Jesus.

Why should I do service during Confirmation prep?

The Catechism of the Catholic Church states that preparation for Confirmation should help enable a Christian to assume the apostolic responsibilities of the Christian life (CCC #1309). Further, it is the Church's responsibility to discern whether or not a person is responsive to God's grace and suitably prepared to receive Confirmation.

What are the service requirements?

You must perform *at least* 12 service hours: 6 service and 6 spiritual. Below are some suggestions and ideas, which may be helpful. Keep track of your hours by recording them on your service log and turn in 6 hours per semester (3 service and 3 spiritual). Due 12/13 and 5/13

Some examples of service:

- ◆ Corporal Works of Mercy
- ◆ Tutor young people
- ◆ Read to younger siblings/children
- ◆ Volunteer at parish functions/ministries
- ◆ Babysit for free or donate money
- ◆ Mow lawns and yardwork without pay
- ◆ Help at Mass
- ◆ Pet sitting for free
- ◆ Altar serve at a weekend mass
- ◆ Pick up litter and trash
- ◆ Make care packages for soldiers
- ◆ Help clean the church (8:30am-10am) every Saturday

Some examples of Spiritual service:

- ◆ Pray for the deceased at a Catholic cemetery
- ◆ Make rosaries for children, the poor and/or soldiers
- ◆ Participate in Eucharistic Adoration
- ◆ Meditate on the mysteries of the rosary
- ◆ Pray the liturgy of the hours
- ◆ Novenas
- ◆ Read Holy Books or spiritual books such as books on the lives of the saints.

Confirmation Service Hours Log Sheet

St. Pius X Catholic School Dallas, TX

Student's Name _____ Teacher: _____

Guidelines for the log sheet: Log sheet is to be filled in with the date, type of activity; hours served, and must be signed by volunteer coordinator or parent.

SPIRITUAL SERVICE HOURS

DATE	ACTIVITY DESCRIPTION	HOURS SERVED	COORDINATOR OR PARENT SIGNATURE

TOTAL SPIRITUAL HOURS _____

Spiritual Practices & Devotions

What is the requirement for spiritual practices & devotions?

Strive to do at least 1 spiritual practice or devotion per day, either individually or as a family.

Why am I asked to participate in spiritual practices and devotions?

“The objectives for Confirmation preparation begin with a commitment to prayer, community involvement, and a search for deeper faith through continuing study and reflection.”

Diocese of Dallas, Catechetical Policies

This is accomplished through religious education classes and retreat experiences, and through individual, family, and community experiences of prayer and living our Catholic Faith.

During this time of preparation, you are encouraged to seek out and participate in both new and familiar spiritual devotions and practices to help you deepen your spiritual life and relationship with God.

How many do I have to do?

The simple answer: Enough to grow closer to God. Since we can *always* be closer to God than we currently are, this should be something you do on an ongoing basis, both now and for the rest of your life. Find out which ones really help you feel closer to God and do those as often as you can.

Great Resources for growing in your faith!

On the following pages, you will find some instructions for some of the more common Catholic spiritual practices and devotions to help you if you have never done those before.

In addition, below we have provided you with a list of online resources focusing on prayer, spiritual practices, and growing in your faith. Use them on your computer at home or your smart phone while on the go! We have even included links to several useful Catholic apps.

- Daily Scripture: <http://www.ucatholic.com/category/readings/> or [United States Conference of Catholic Bishops Daily Readings](http://www.usccb.org/prayer-and-devotion/daily-readings/)
- Daily Catechism: <http://www.ucatholic.com/category/catechism/>
- Saint of the Day: <http://www.ucatholic.com/category/saints/>
- Tweets from the Pope: <https://twitter.com/Pontifex>
- Divine Mercy App for Apple Devices: <http://goo.gl/aSvM5> (I-Tunes)
- Mary App for Apple Devices: <http://goo.gl/wblx0> (I-Tunes)
- Catholic Devotions: http://www.ewtn.com/Devotionals/prayer_saint.htm or <http://catholicdevotions.org/>
- The Bible Online: <http://www.vatican.va/archive/ENG0839/INDEX.HTM>
- Modern Catholic Music: <http://www.spiritandsong.com/>
- Formed (parish paid link that has all kinds of videos, books, classes, etc.) <https://formed.org/signup?currentStep=groupSearch>
- Franciscan Media <https://info.franciscanmedia.org/>
- Daily Reflections [Creighton University Daily Reflections](http://www.creighton.edu/faith-life/daily-reflections/)

The Rosary

1. Using regular rosary beads start with the Sign Of The Cross and pray the Apostles' Creed

See previous page for prayer.

2. On the first single bead say the Our Father:

See previous page for prayer.

3. On the next three beads, pray the Hail Mary on each for an increase in Faith, Hope, and Love.

See previous page for prayer.

4. Between the set of three and the next single bead, pray the Glory Be and the Fatima Prayer.

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.

Fatima Prayer: O My Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those in most need of Thy mercy.

5. Announce the First Mystery to me meditated on during the next set of 10 beads and pray the Our Father.

6. Pray a Hail Mary on each bead in the set of ten while meditating on the Mystery.

7. Pray the Glory Be and the Fatima Prayer.

8. Announce the next Mystery, pray the Our Father and continue as before.

9. Conclude by praying the Hail Holy Queen and Closing Prayer.

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 us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O Holy Mother of God

R. That we may be made worthy of the promises of Christ.

Let us pray. O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation. Grant, we beseech Thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may both imitate what they contain and obtain what they promise, through Christ our Lord. Amen.

The Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding of Jesus in the Temple

The Mysteries of Light

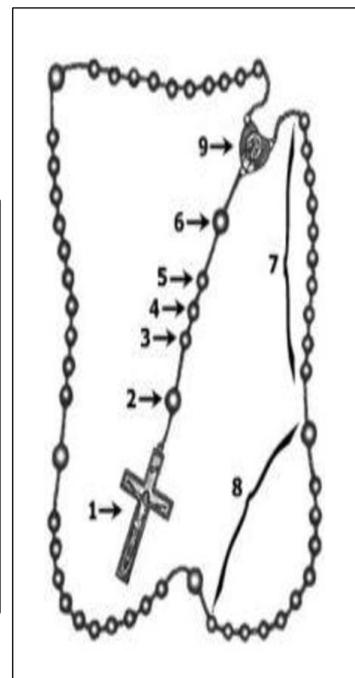
1. The Baptism of Jesus in the River Jordan
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration of Jesus
5. The Institution of the Eucharist

The Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pilar
3. The Crowning with Thorns
4. The Carrying of the cross
5. The Crucifixion

The Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Coming of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary



The Divine Mercy Chaplet

1. Using regular rosary beads start with the Sign Of The Cross:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

2. On the first single bead say the Opening Prayer:

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelope the whole world and empty Yourself out upon us. O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You! (Repeat this sentence 3x)

3, 4, 5. On the next group of three beads, say the Our Father at the first bead, the Hail Mary on the second, and Apostles' Creed on the third.

Our Father: Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy 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 are thou among women and blessed is the fruit of thy womb Jesus. Holy Mary of God, pray for us sinners now and at the hour of our death. Amen.

The Apostles' 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; the third day He rose again from the dead; He ascended into heaven and is seated at the right hand of the Father; from thence he shall 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.

6. For every subsequent single bead pray the "Eternal Father" Prayer:

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

7. On every bead in the groups of 10, pray the "Sorrowful Passion" Prayer:

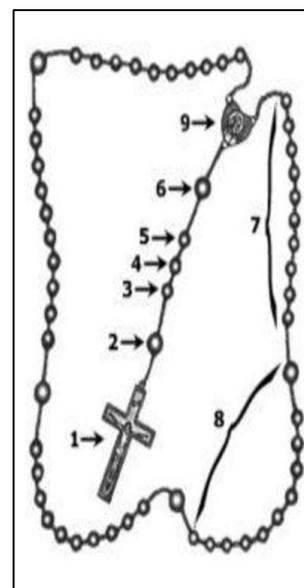
For the sake of His sorrowful Passion, have mercy on us and on the whole world.

8. Once you have gone around the whole ring of beads pray the "Holy God" Prayer three times and then the Closing Prayer.

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself. Amen.



Reconciliation

Why is the Sacrament of Reconciliation Important?

This sacrament reconciles us with the Church. Sin damages or even breaks fraternal communion. The sacrament of Penance/Reconciliation repairs or restores it. In this sense, it does not simply heal the one restored to ecclesial communion, but it also has a revitalizing effect on the life of the Church, which suffered from the sin of one of her members. (CCC #953)

No matter how alienated we feel because of our sins, in the Sacrament of Penance, we are concretely, surely reconciled with Christ and His Church. Through the priest, we get to experience God's mercy, love, and peace. Getting into the habit of going to Confession once a month whether we have committed a serious sin or not helps us stay on track in our relationship with Him. However, at the minimum, we should confess whenever we commit a mortal sin, or once a year and before receiving a Sacrament such as Confirmation.

When & Where Can I Receive The Sacrament of Reconciliation?

Plases confirm that these times have not changed.

St. Pius X

3030 Gus Thomasson
Dallas, TX 75228

Tuesday, 6:00pm-7:00pm
Saturday, 3:30pm-4:45pm

St. Bernard of Clairvaux

1404 Old Gate Lane
Dallas, TX 75218

Saturday, 4:00pm-5:00pm

St. Patrick

9643 Ferndale Rd.
Dallas, TX 75238

Thursday 5:00pm-6:00pm
Saturday 3:00pm-4:00pm

St. Michael the Archangel

950 Trails Parkway
Garland, TX 75043

Thursday, 7:00pm
Saturday, 4:00pm-5:15pm

Divine Mercy of Our Lord

1585 Cartwright
Mesquite, TX 75149

Monday/Wednesday 7:00pm-8:00pm
Saturday 3:30pm-4:30pm

We will offer four Jr. High Reconciliation services. These will be September 3rd, November 26th, February 8th, and May 10th. These will be available to students during the school day.

Mass Attendance

Why is the Eucharist the source and summit of our Christian life?

It is the source of the Christian life, “because whoever shares in it receives the motivation and strength to live as a true Christian” and it is the summit “because the faithful bring to it all their prayers and good works, their joys and sufferings. These modest offerings are united to the perfect sacrifice of Christ. Thus they are completely sanctified and lifted up to God in an act of perfect worship which brings the faithful into the divine intimacy.”

- Saint Pope John Paul II

Why must I attend Mass every Sunday?

Since Confirmation unites us more firmly to Christ and renders our bond with the Church more perfect, (Catechism of the Catholic Church #1303) it is critical that we maintain that bond and unity and fulfill God’s third commandment to “Keep holy the Sabbath” by attending Mass on Sundays and Holy Days of Obligation. The third commandment of the Decalogue recalls the holiness of the Sabbath: “The seventh day is a Sabbath of solemn rest, holy to the Lord. (Catechism of the Catholic Church #2168) The precept of the Church specifies the law of the Lord more precisely: “On Sundays and other holy days of obligation the faithful are bound to participate in the Mass. (Catechism of the Catholic Church #2180)

At the Last Supper, Christ commanded that we “do this in remembrance” of Him and St. Paul wrote in his first letter to the Corinthians “as often as you eat this bread and drink the cup, you proclaim the death of the Lord until He comes” (1 Cor. 11:26).

Jesus said to them, “Amen, amen, I say to you, unless you eat the Flesh of the Son of Man and drink his Blood, you do not have life within you. Whoever eats my Flesh and drinks my Blood has eternal life, and I will raise him on the last day” (John 6:53-55).

It is expected then that all Catholics who have reached the age of reason, and especially you as a Confirmation candidate, attend Mass on Sundays and Holy Days of Obligation. Gathering as the Body of Christ and participating in communal worship of our Lord while uniting ourselves to Jesus through receiving his Body, Blood, Soul and Divinity in the Eucharist is at the very heart of what it means to be a Catholic Christian.

Confirmation Must Know for 7th Grade.
These will be learned as part of Confirmation Class.

The Ten Commandments (Exodus 20:1-17)

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

The Three Theological Virtues (1 Cor. 13:13)

Faith, Hope, Charity

The Four Cardinal Virtues (Wisdom 8:7)

Prudence, Justice, Temperance, Fortitude

The Seven Capital Sins (Deadly Sins)

Pride, Covetousness, Lust, Anger, Gluttony, Envy, Sloth

The Seven Corporal Works of Mercy (Mt. 25:31-46)

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

The Seven Spiritual Works of Mercy

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offences.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

The Parts of the Bible

Old Testament: Torah (Pentateuch), Historical Books, Wisdom Literature, Prophets (Major and Minor)

New Testament: Gospels (Matthew, Mark, Luke, John), History (Acts),
St. Paul's Letters to Churches, St. Paul's Letters to Friends, Catholic Letters,
Prophecy (Revelation)

The Three Types of Prayer:

Vocal, Meditation, Contemplation