

January 18, 2022

January 3<sup>rd</sup> was the feast of the **Holy Name of Jesus**. I was thinking about how when I was in school the sisters taught us to **bow our heads** at the name of “**Jesus**”. I still do that today, but most people don’t.

The main reason that we **bow** our heads to pray is **because we are showing reverence and respect to God**. It is **symbolic** because it shows that we are **humbling** ourselves before the Lord.

Do you have any pious customs you practice? Or, little rituals? I have quite a few. For me, it helps me to be **mindful** of God during the day.

**In the morning**, when I am getting out of bed, I say, “Good morning my triune God, Jesus, Mary and Joseph, holy guardian angels and all the heavenly court”. Please be with me this day.

**At night**, I thank God for bringing me safely through the day and for all who have been a part of my day in **prayer, personally, texting** or the **internet**. Then I ask forgiveness for any ways I’ve been unfaithful to God’s graces that day.

**When I walk**, I usually pray the **Hail Mary**. Why? Because I don’t want to fall, and Mary is my protector.

I found it interesting to go on the **internet** and look at some “**forgotten Catholic practices**”.

“[Offer it up](#)”, remember this?

[When sirens sound, say a prayer.](#)

[Wearing a Medal.](#)

[Fasting one hour before Holy Communion.](#)

[Praying for the Dead.](#)

[Crucifixes and Sacred Images in the Home.](#)

[Blessing ourselves and our children.](#)

[Novenas.](#)

