

## Is Praying in Our Own Words Catholic?

Definitely! Peter Kreeft, professor at Boston College and author of many books on Catholicism, wrote:

When we use the prayers of the Church, we use the greatest prayers ever written, the words and sentiments of great saints and hymn writers and liturgists. We do this rightly, because God deserves the best, and these prayers are the best. They were composed by other people, but we make them our own when we pray them, like a lover reciting a sonnet by Shakespeare to his beloved...

But if others' words are the only words lovers use to each other, they are not lovers but performers. We must not only 'say our prayers,' we must pray. Others' words may be more beautiful, but your words are more yours, and God cherishes them as a father cherishes his child's own crude drawing made just for him more than he cherishes the greatest work of art in the world.

God wants your own words most of all because they are your own; they come from your heart, and your heart is what your Lover craves.

— *Prayer for Beginners, 29-30*