

Why I am Catholic

Devotions & Spiritual Tools

Another reason is because of all the devotions and spiritual tools that have been developed over the centuries through the guidance of the Holy Spirit.

Eucharistic Adoration emerged in the first few centuries as a way of deep prayer and intimacy with Jesus outside of Mass. In the Middle Ages, monks developed the Rosary as a way of helping a largely illiterate population to be able to pray and reflect on the significant events in the Life of Jesus.

Novenas began with the first Pentecost. The period from the Ascension to Pentecost has historically been thought of as nine days. The Acts of the Apostles tells us that: "All these devoted themselves with one accord to prayer, together with some women, and Mary the mother of Jesus. . ." (Acts 1:14) Mary taught Jesus to pray and is thought to have led that first novena.

According to *Wikipedia*, the Stations of the Cross: "began as an attempt to recreate, or as a substitute for, the devotions in Jerusalem (now the Via Crucis) visiting in turn what were believed to be the original sites of the events. By at least the 15th century the occasional practice of setting up stations in Western Europe was established, although it did not reach the majority of Catholic churches until the 17th century."

The Nativity at Christmas is something started by St. Francis of Assisi. He used live animals along with a three-dimensional background. A newer devotion, the Chaplet of Divine Mercy was inspired by St. Faustina Kowalska (1905-1938), a Polish nun known as the "Apostle of Mercy." These are just a few of the many devotions that help us to grow in faith and are tangible things that help us progress spiritually.