

PRAY WELL WHILE DRIVING SAFELY: GET A GRIP ON YOUR DAILY ROSARY ON THE ROAD



“Blessed be the Lord, my rock, who trains my hands for war, and my fingers for battle.” – Psalm 144

The Lord’s Prayer: With your hands in the 10 o’clock and 2 o’clock position, count off the seven clauses of the Lord’s Prayer by applying extra pressure on the applicable finger or thumb, starting from the leftmost finger of your left hand:

1. (Left hand baby finger) **Our Father, who art in Heaven, hallowed be your name.**
2. (Next finger) **Thy kingdom come. Thy will be done, on earth as it is in heaven.**¹
3. (Middle finger) **Give us this day our daily bread.**
4. (Forefinger) **Forgive us our sins...**
5. (Thumb) **As we forgive those who sin against us:** Firmly press your thumb to forefinger around the wheel and remind yourself that Jesus requires us to forgive others in order for God to forgive us. (Take a moment to forgive anyone you haven’t forgiven!) **Then, trust in Jesus’s promise, “if you forgive men their trespasses, your heavenly Father will forgive you”. (Matthew 6:14)** Your soul has achieved closure, as have your thumb and forefinger.
6. (Right hand thumb) **Lead us, not into temptation...**
7. (Right hand forefinger) **but deliver us from evil:** By pressing your thumb to your forefinger, tightening your grip on the wheel, you are combining “OFFENSE” and “DEFENSE”, God **leading** us (via the Holy Spirit, Mary, or our guardian angel) and God **defending** us against the devil. **Now you have “got a grip” with both hands!**

This makes you pause to register each clause: Each application of extra pressure to the next finger is a punctuation mark. You start to associate each finger and thumb with a clause of the Lord’s Prayer. The 4th finger, the **forefinger**, is the **4th** clause, **forgiving**). The fifth is the thumb, closing onto the forefinger, giving you a tighter grip, reminding us that we must forgive in order to be forgiven. Six and Seven (on the right hand) are the couple of Offense and Defense, needed in all warfare, including spiritual warfare (just as you need your thumb and forefinger to hold a weapon, fork or pen).

“Hail, Mary...”: Follow the same left-to-right sequence, applying pressure to each finger and thumb in turn, from 1 to 10.

Safety First: Before driving, pray for safety on the road, for you and others. While driving, grip the steering wheel with both hands at 10:00 and 2:00 and keep tension in your arms, pulling down, for maximum control and minimized reaction time. If using cruise control, rest your right foot over the brake pedal, to reduce reaction time in an emergency (deer, heart attack, or stroke). **Remember you are speaking to Mary, in the vehicle with you, and drive so that she is comfortable.**

Tips: When I pray the rosary alone, I pray on behalf of my wife and myself,² with “we” and “us” referring to my wife and me. Spouses can do this for each other, as “the two (are) one” (Matthew 19:6). Before my morning drive to work, I read gospel verses applicable to the rosary mysteries of the day, so that the details are fresh in my memory when I pray.

Print two-sided, “flip on long edge”.

¹ Bishop Fulton Sheen noted that seeking the Kingdom of God and doing God’s will are effectively one and the same. Supporting this, St. Luke’s version of the Lord’s Prayer omits the second part of this clause. (Luke 11:4)

² For the original file of this document, authored by Peter Elliott, write to Peter.Elliott@UNITEDforMETALS.net

FIRST, PRAY! ... MAGNIFYING THE LORD'S PRAYER TO HEAR HIS CALL:

PRAY ALOUD:	PAUSE AND REFLECT (SILENTLY or ALOUD):*
Our Father, who art in heaven, hallowed be Thy name.	Out of Love, You created us at conception, and You love us steadfastly. We love You. ... We glorify You. ... We worship You. ... We adore You!
Thy kingdom come. Thy will be done, on earth as it is in heaven...	Your will be done - in and by each of us, through our prayer-driven <u>works</u>, and in our nation, through Your providence, in which we trust.
Give us this day our daily bread.	We depend on You for everything, even our very lives. You give us all we need, as we ask in the name of Jesus. We thank You! We praise You! We trust in you.
Forgive us our sins...	... our personal sins, and the sins of our nation, especially the grave sin of taking the lives of unborn babies. For all these sins, we repent and make reparation. Lord, have mercy on us and our nation!
<p>as we forgive** those who sin against us</p>  <p>as you did it not to one of the least of these, you did it not to me - Jesus Christ (Matthew 25:45)</p>	<p>As "us" means all of us in the body of Christ, so we forgive* those who sin against both ourselves and our unborn sisters and brothers, praying for the conversion of all who sin by failing to defend these poor babies.</p> <p>"Whenever you stand praying, forgive,** if you have anything against any one." - Jesus Christ, in Mark 11:25</p> <p>"if you do not forgive men their trespasses, neither will your Father forgive your trespasses" - Matthew 6:15 ***</p> <p>Nevertheless, we must "warn the wicked to turn from his ways... and live" - Ezekiel 33:9 & 11</p>
<p>Lead us...</p> <p>not into temptation...</p>	 <p>Lead us through the inspirations given to us by Jesus, the Holy Spirit, Mary, and our guardian angels, <u>leading us to works of mercy</u> done for people of all ages, from conception to natural death, from unborn babies and their mothers to the elderly and dying, as we work under the protection of Saint Joseph, our spiritual father and terror of demons.</p>
<p>but deliver us from evil.</p>	<p>Deliver us, personally, and deliver our nation, especially from the evil of taking the lives of unborn babies.</p>

The babe leaped in her womb - Luke 1:41

AMEN

*** You will very soon know these reflections by heart - and can bring each one to mind in seconds.**

**** THE FORGIVENESS PRAYER:** "Jesus, I release (offender's name) from his debt to me and I give that debt to You. In place of this debt, I ask You to give (offender's name) a blessing, instead." As a result, God will be at work within the offender in a new way." - Father Carlos Martin, CC ... Pray thus for the conversion of abortion workers and abortion supporters.

******* After praying, "*as we forgive those who sin against us*", pause and be at peace, trusting in Jesus, who reassures us, "**if you forgive men their trespasses, your heavenly Father will forgive you**" (Matthew 6:14)