

Five times to pray on the go. Written by Colleen Pressprich 3:14 PM July 15, 2026.

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As believers, prayer can play an important part in our lives. Finding the time to pray sometimes is not easy. During the summertime, for instance, it can even be busier than the school year. Between camps, sports and other activities, we are constantly on the go, and we rarely keep the same schedule week to week. It can make it hard to find a rhythm, especially for prayer time. But it’s possible, and easier than you think, to find the time to pray and cultivate a habit of prayer.

Here are five times to slide prayer into your day that will deepen your prayer lives and be easy to keep up during the school year. In fact, you’ll notice that these are all “on-the-go” moments. This comes with a bonus: Prayer on the go, opens up opportunities not only for prayer, but also for reflection and personal time. You might be out for a walk or on a journey or other occasions when you are alone that offer you this time to reflect. While prayer can be personal or communal and include formal or informal prayers, it is often that a conversation with God or Jesus or to our deceased loved ones can have a deep meaning for us. As you think about sprinkling these prayerful moments throughout your day, keep in mind how many times you have heard people talk about the power of prayer or the times you felt grateful knowing that somebody was praying for you or remembered you while on pilgrimage in Knock, Lourdes, Fatima, Medjugorje or during exams, illness or special occasions. Prayer comes in many forms and actions.

Here are 5 suggestions to get you going.

1. Prayer when passing a Church .

Each time you walk or drive past a church, you can make the sign of the cross and say this short prayer: “Jesus, I love you.” For Roman Catholics this prayer acknowledges that Christ is truly present in the tabernacle inside the building and helps them understand the importance and centrality of their belief in the Eucharist. This simple practice when carried out in a reverent or respectful way is a powerful prayer in itself. For other denominations they can make appropriate actions of reverence or respect that

acknowledges the presence of the divine and reminds them of the core beliefs of their faith or worldviews.

2. Prayer upon hearing sirens .

Anytime you hear a siren, you could pause whatever you are doing and say, “Dear Jesus, please help the first responders, paramedics, the gardai, the firefighters and everyone they are going to help.” Short and to the point or succinct, this prayer encourages us to look beyond ourselves, of seeing the needs of others and lifting them up in prayer.

3. Prayer when we see a person in need.

Roman Catholics believe in the inherent dignity and worth of every person. Pausing long enough to really see the people on the margins of society, taking the time to recognize them as individuals, and offering up a prayer for them gives us a powerful witness and shapes how we treat others. For instance, when we encounter a homeless person on the street, do we pass by and ignore them, do we talk to them, say hello, offer them some assistance? When we see a friend in need how do we respond? Often a simple prayer as well as a kind action can have a powerful impact in situations like these. In this way we can grow in love and respect for all that we meet.

4. Prayer when passing a cemetery .

So many people may learn this from a grandparent. When walking, cycling or driving past a cemetery, you could say a simple prayer for the souls of those buried there and for the souls of those in Purgatory. This simple habit is a real and tangible way to pray for those we love and have lost as well as those who might not have anyone left to pray for them.

5. Prayer when witnessing beauty .

An appropriate but simple way to slip prayer into our daily lives is when we see something beautiful in the natural world. In those moments, we can offer a prayer of gratitude for the beauty in nature and the world around us for whatever it is we notice or that strikes us in that moment. “Thank you, Jesus, for this stunning sunset.” “Thank you, God, for the smell of fresh cut grass.” Indeed, whatever you feel grateful for, vocalize it.