



## Introduction: Why Does It Matter How We Pray?

In the Christian life, few phrases summarize the connection between liturgy and faith as well as *Lex orandi, lex credendi*. This ancient Latin maxim, which translates as “*the law of prayer is the law of faith*”, reminds us that the way we pray shapes what we believe and vice versa.

In an era where Catholic identity faces cultural and doctrinal challenges, this truth takes on special significance. If our prayer and liturgy change, our faith and our relationship with God will inevitably change as well. The key question is: how can we ensure that our way of praying reflects the true faith and not a distorted version of it?

## 1. What Does “Lex Orandi, Lex Credendi” Really Mean?

### Origins of the Expression

This phrase has its roots in the writings of St. Prosper of Aquitaine (5th century), a disciple of St. Augustine. In his fight against the heresies of his time, St. Prosper emphasized that liturgy is not only a reflection of faith but also strengthens and transmits it. The Church does not impose doctrines first and then translate them into prayer; rather, prayer itself is a source of doctrine.

### Practical Application: What We Pray is What We Believe

Every time we recite the Creed, participate in Mass, or pray the Rosary, we are shaping our faith. Liturgy is not just an expression of personal belief; it actively molds the content of our faith. This is why, if the liturgy is altered, our way of understanding faith also changes.

## 2. The Connection Between Liturgy, Faith, and Christian Life

The Church has preserved a sacred liturgy throughout the centuries because it knows that it is not just a series of rituals but a true encounter with God. But what happens when liturgy is neglected or trivialized?

### The Impact of Liturgy on Faith

- If liturgical prayer emphasizes Christ’s sacrifice, our faith will center on the Cross.



- If the liturgy is reverent, our faith will lead us to deep worship.
- If prayer is careless and lacks a sense of the sacred, our faith may become superficial.

This explains why the Church has always given special importance to the way Mass is celebrated and to liturgical prayer.

## **Liturgy and the Current Crisis of Faith**

Many Catholics have noticed that, in recent times, the way Mass is celebrated has changed in many places. Some have lost the sense of the sacred, reducing the liturgy to a communal gathering rather than an act of worship to God. In this context, *Lex orandi, lex credendi* is an urgent call to rediscover the beauty and depth of Catholic liturgy.

## **3. The Traditional Mass and Its Impact on Faith**

One of the most important debates in the contemporary Church is the relationship between the Traditional Latin Mass and the reformed Mass after the Second Vatican Council.

### **The Tridentine Mass: An Expression of Unchanging Faith**

The Mass according to the Tridentine Rite, celebrated in Latin, with the priest facing *ad orientem* (toward the altar), and with a profound sense of reverence, clearly and visibly expresses Catholic theology:

- The altar is the place of Sacrifice, not just a gathering table.
- The priest acts *in persona Christi*, not merely as a leader of the assembly.
- Silence, Latin, and Gregorian chant evoke the mystery of God.

### **The Danger of Losing the Sense of the Sacred**

When liturgy is trivialized with disorderly celebrations, irreverent songs, or an excessive focus on the community instead of God, the faith of the faithful can weaken. It is no coincidence that many parishes where the liturgy has lost its sacredness see a decline in attendance and devotion.

## **4. How We Can Apply “Lex Orandi, Lex Credendi” in**



## Our Daily Lives

Recognizing the importance of liturgy is not enough. As Catholics, we must make a concrete commitment to live out this truth.

### Participate in the Liturgy with Reverence

- Attend Holy Mass with an attitude of worship, not as a mere spectator.
- Learn about the richness of the traditional liturgy and, if possible, attend a Mass in the Tridentine Rite.
- Dress appropriately for Mass, reflecting respect for the sacred.

### Rediscover Traditional Prayer

- Return to prayers like the Rosary, the Liturgy of the Hours, and Eucharistic Adoration.
- Use Latin in personal prayer, at least in some parts (e.g., *Pater Noster*).
- Teach children classical prayers so they grow up with a strong faith.

### Form Ourselves in the Church’s Doctrine

- Read Church documents on liturgy, such as *Sacrosanctum Concilium* and *Mediator Dei* by Pius XII.
- Study the Catechism of the Catholic Church, especially the section on liturgy and the sacraments.
- Be aware of how changes in the liturgy can influence our faith and discern wisely.

## Conclusion: Returning to Pray as the Church Has Always Prayed

*Lex orandi, lex credendi* is not just a beautiful phrase. It is a warning and a call to keep the faith alive through liturgy. If we want our faith to be strong, we must ensure that our prayer is worthy of God.

In a world where doctrinal confusion and the loss of the sense of the sacred are a reality, rediscovering the richness of the traditional liturgy can be a path to the spiritual renewal of the faithful. If we pray well, we will believe well, and if we believe well, we will live well.

May the Virgin Mary, who prayed with humility and perfect worship, help us rediscover the



beauty of liturgy and live our faith authentically.

**Holy Mother Church, teach us to pray as you have always prayed so that we may believe as you have always believed. Amen.**