

Faith in Five – Adults
Forms of Prayer
November 11, 2022



The Catechism clearly defines prayer as a "vital and personal relationship with the living and true God" (CCC, 2558). It is communion and covenant relationship between God and man in Christ (CCC, 2564, 2565).

1. **The Catechism of the Catholic Church (2626-2643) outlines forms of prayers.**
 - a. **Prayer of Blessing and Adoration** (praising God)
 - b. **Prayer of Petition** (asking for what we need, including forgiveness)
 - c. **Prayer of Intercession** (asking for what others need)
 - d. **Prayer of Thanksgiving** (for what God has given and done)
 - e. **Prayer of Praise**

2. **Blessing and Adoration**

We thank God for Who He is. We honor Him and open ourselves up to His goodness and love. **Psalm 103:2 Bless the Lord, O my soul, and forget not all his benefits; "I will bless the Lord at all times; his praise shall be always in my mouth (Psalm 34:2)**

Blessing and praise are actually different types of prayer. To distinguish between them, think about who is listening to us when we bless or praise. When we praise God to others, we are describing to someone how good God has been to us, and we can praise God with others – but when we bless God, that is directly addressed to God: describing to God how good He has been to us.

3. **Petition**

Simply put, petition prayer is asking God for help. Our asking requires an element of faith and trust that God knows what we need and knows what is best for us. We offer prayer for the things we believe are necessary for our good or for the good of others. We know God hears us, and trust in His divine mercy. God will always give us what we need according to His will, not necessarily what we want. Prayers of petition include prayers of contrition or protection. **1John 5:14-15: "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him."**

4. **Intercession**

We make prayers on behalf of those living and deceased. We bring someone else's needs before God. This form of prayer can be a source of blessing upon others, the Church, and our world. Praying for the living and the dead is one of the Spiritual Works of Mercy. When we ask for God's mercy on others, we are developing a deeper sense of compassion and mercy within ourselves. We see intercessory prayer in the Mass during the Prayers of the Faithful. During the Eucharistic Prayer, we pray for the universal Church, including the pope and our bishop, and remember the faithful departed, praying that God will welcome them to heaven.

James 5:16 Confess your faults one to another, and pray one for another, that you may be healed. The prayer of a righteous person is powerful and effective.

5. **Thanksgiving and Praise**

We are grateful to God for His many blessings, spiritual and temporal; we recognize and appreciate all the good things God gives to us. Thanksgiving is an obligation: in the Eucharistic prayer, the celebrant says, "It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God." Being thankful strengthens our virtuous life. "In all circumstances give thanks, for this is the will of God for you in Christ Jesus" (1 Thessalonians 5:18). The Greek word for eucharist (eucharistia) means thanksgiving. "Eucharist, because it is an action of thanksgiving to God" (CCC, No. 1328). **Psalm 100: 4,5 Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.**

6. **Prayer as Liturgy has been described as another form of prayer.** This includes the Holy Mass, Liturgy of the Hours, and celebrations of the sacraments. It is more formal in nature following established rubrics. Liturgical prayer is usually led by an ordained minister, who is configured uniquely to Christ. The U.S. Conference of Catholic Bishops [explains](#), "The word liturgy comes from a Greek term meaning 'public work or work done on behalf of the people' or the community at large. All the worshipers are expected to participate actively. The Mass is "the most perfect form of prayer" as Pope Paul VI describes - rightly so, since it includes the prayer forms of blessing, adoration, petition, intercession, thanksgiving and praise.

7. **"Tips for praying:**

- a. Find a quiet place and time. Prayer can be done anywhere but it is good to have a place that is conducive to relaxing and focusing our attention on God. Finding a regular time to pray each day can also be helpful to making prayer an important daily routine.
- b. Calm yourself and put away distractions. It is important to be relaxed when we pray by finding a comfortable posture.
- c. Use formal prayers or speak what you feel to God, or a combination of each. It is important to note that there is no "right" way to pray. Experiment with styles and forms of prayer. Prayer is an ongoing, developing relationship with God.
- d. Take time to listen. God does speak to us in prayer, but we need to listen with our hearts. Be open to what God is telling you rather than just on what you want to or expect to hear.
- e. Use the Bible in your prayer. God uses the Word to reveal His character and will.
- f. Keep a journal of prayer – this may be a good way to summarize what we learned or heard during our time with God, to keep track of the prayers we offered and how God answered a prayer. As we watch our spiritual growth, our faith is strengthened!
- g. Have a proper attitude. Prayer requires openness to God and a desire to worship and get to know God better". ([Source](#))

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth. **1 Timothy 2: 1-4**

8 KEYS TO PRAYER

-  PREPARE YOUR MIND AND HEART. ASK FOR THE PRESENCE OF THE HOLY SPIRIT.
-  DON'T USE "FANCY" WORDS. BE SINCERE AND SPONTANEOUS.
-  LOOK FOR A SUITABLE PLACE TO PRAY. E.G. ADORATION.
-  CONCENTRATION REQUIRES DISCIPLINE: TRAIN YOURSELF TO CONCENTRATE.
-  THE QUALITY OF YOUR PRAYER IS IMPORTANT, EVEN IF IT'S SHORT.
-  PRAY FREQUENTLY SO YOU GAIN THE HABIT OF RECOLLECTION.
-  SEEK FOR SILENCE, BOTH INTERIOR AND EXTERIOR.
-  DISTRACTIONS ARE INEVITABLE. IGNORE THEM.

Source: Aleteia.com • 10 claves para una oración profunda y eficaz
<http://es.aleteia.org/2016/10/04/10-claves-para-una-oracion-profunda-y-eficaz/> 

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