What Is Prayer?

Respond to the following items, based on your current understanding of and experience with prayer.

**1.** Explain what you understand by the word *prayer*.

**2.** List at least three types of prayer and briefly explain each.

**3.** Name two reasons a person might choose to pray.

**4.** What aspects of prayer would you like to know more about?

**5.** Do you think an activity like studying, writing, e-mailing someone, or jogging could become a form of prayer? Why or why not?

**6.** On the back of this page, write from memory a formal Catholic prayer that you know.