A Prayer Chart

Use these questions to help you identify situations when you used each prayer form, and record as many situations as you can recall:

* Review the past week. In what situations did you find yourself using one of the prayer forms?
* Think back to one year ago. What was happening for which you used the various forms of prayer?
* Think back to when you were five. How did each prayer form apply to you as a five-year-old?

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| --- | --- | --- | --- | --- | --- |
|   | **Blessing** | **Adoration** | **Petition** | **Thanksgiving** | **Praise** |
| **Last week** |  |  |  |  |  |
| **One year ago** |  |  |  |  |  |
| **When I was** **five years old**  |  |  |  |  |  |

 (This handout is adapted from *Catechetical Sessions on Christian Prayer,* by Mary Shrader and Laurie Delgatto, in the Total Catechesis series [Winona, MN: Saint Mary’s Press, 2004]. Copyright © 2004 by Saint Mary’s Press. All rights reserved.)