

The Forms of Prayer

Lesson 34 Summary

Lesson Learning Objectives

- The participants will examine the Church's five traditional forms of prayer.
- The participants will explore how different forms of prayer connect to different times and situations in her or his life.

Content Summary

1. Different forms of prayer—blessing (and adoration), petition, intercession, thanksgiving, and praise—connect to different times and situations in our lives.
2. Blessing is a two-step movement. First God gives us a gift, and then we respond with joy and gratitude.
3. Adoration is closely related to blessing. When we adore God, we acknowledge that we are creatures before the One who created us. Adoration, which is reserved for God alone, can take the form of joyful noise or respectful, humbled silence.
4. In some blessings, we or someone else actually invoke God's power and care on another person, place, thing, or undertaking. The gestures or touch that often accompany these blessings symbolize the bestowal of God's grace on the receiver.
5. Petition is asking God for something we need. In this prayer form, which is also called supplication, we ask, beseech, plead, invoke, entreat, cry out, even struggle in prayer.
6. Intercession is a prayer of petition in which we ask God's help for another person or group of people. When we offer a prayer of intercession, we join our love for others with God's love for the people we are praying for.
7. In thanksgiving we remember that we are creatures and God is our Creator. The more we pray thanksgiving, the more we grow in awareness that all we have comes to us as a gift from God's abundant love.
8. Praise embraces all other forms of prayer and carries them to God, who is our source and goal. Praise is the form of prayer that expresses our love for God simply because God IS.
9. The Holy Spirit inspires new expressions of prayer using the same basic forms of blessing, petition, intercession, thanksgiving, and praise.

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