

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.

