

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?

	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.)

