

Tuning In to God

Chapter 48 Summary

Chapter Learning Objectives

- The participants will explore different ways and reasons to pray.
- The participants will reflect on how we learn to pray.
- The participants will examine various ways we pray together as a community.

Content Summary

1. Prayer is our response to God's invitation to be in relationship with him.
2. There are five basic forms of prayer: petition, blessing, intercession, praise, and thanksgiving.
3. Petition is asking God for something we need—for example, praying for help in making an important decision.
4. Blessing is praying for God's loving care for a particular person, place, or activity—for example, saying blessings before meals or praying for God's blessing on us.
5. Intercession is praying on behalf of someone else—for example, praying for people who ask for our prayers. At Mass, the Prayer of the Faithful is a prayer of intercession with several petitions.
6. Praise is telling God how much we appreciate all he does for us—for example, praising God for the beauties of creation or praising God at Mass.
7. Thanksgiving is expressing our gratitude to God—for example, giving thanks to God throughout the day or giving thanks in a special way through the Eucharist. We can "pray always" by being open to the presence of God throughout our day.
8. Prayer is usually learned through memorizing daily prayers and participating in the Sunday Eucharist.
9. Prayer takes practice, and we grow in prayer through the liturgy of the Church, reading Scripture, and hearing the Word of God proclaimed at Mass. The virtues of faith, hope, and love also help us to pray.
10. The Christian family is the first place for a child's education in prayer.
11. Personal prayer takes three major expressions: vocal prayer, meditation, and contemplation. Vocal prayer uses words to speak to God. Meditation uses our thoughts, imagination, and emotions to get in touch with God. Contemplation is wordless prayer, and is sometimes defined as "resting in God."
12. All these expressions of prayer are ways to remember that we live in the heart of God and that God lives in our hearts.

(All summary points are taken from *The Catholic Connections Handbook for Middle Schoolers, Second Edition*. Copyright © 2014 by Saint Mary's Press. All rights reserved.)

