

What to Pray...

Consider these five areas of prayer when teaching your child how to converse with God each day:

1. **Prayer of Blessing and Adoration**
2. **Prayer of Petition**
3. **Prayer of Intercession**
4. **Prayer of Forgiveness and Healing**
5. **Prayer of Thanksgiving**

1. What should I say “WOW” about?

Prayer of Blessing and Adoration

In this prayer, we express praise and honor to God. We praise God for giving us life, for the wonder and beauty of our world, and for all the many blessings we enjoy. We open ourselves up to praise God for all the wonders of creation.

2. What do I or others need help with?

Prayer of Petition

This is probably the most familiar prayer form of prayer. We are often taught to ask God for the things we need, but asking and praying for them are not necessarily the same. When we pray our petitions, we are asking God, who loves us very much, for something that we believe is good for ourselves or for others. By using this form of prayer, we are mindful of the needs of others as well as of our own needs. We are aware that God wants us to bring our problems and worries to prayer knowing that he will always hear and answer those prayers. God may answer our prayers in a different way and in a different timeframe than we are seeking but God will always give us what we need.

Prayers of petition serve to remind us that God expects us to care for one another and for all his creation. We can pray about the ordinary experiences of life, for people who are sick, for someone who needs a job, for help in our school work, for a safe trip. We pray for peace in our families and in our world. We can also express our sorrow and contrition to God in our prayer.

3. Who needs help and who can help us pray to God?

Prayer of Intercession

This form of prayer is prayer on behalf of others. This form of prayer can be a source of blessing upon others, the Church, and our world. Because we know that Our Lady and the saints intercede for us before God, the Church encourages us to pray to them for their intercession. Such prayer can bring us great strength and courage and also great peace of mind and heart.

4. What should I say “sorry” for?

Prayer of Forgiveness and Healing

This form of prayer helps us to reflect upon the times that we drift from God and forget His presence in our lives. God is ever merciful and always welcomes us home when we are truly sorry for our sins ask for His forgiveness.

5. What should I say “thank you” for?

Prayer of Thanksgiving

This form of prayer helps us to be grateful for God’s many blessings, spiritual and temporal, and helps us to recognize and appreciate all the good things God gives to us. Reserving some time to praise and thank God for his gifts, the gift of life; the gift of our families and friends; the gift of food, clothing, and shelter; and the numerous other gifts we often take for granted, helps us to form a true spirit of gratitude.