

# Forms of Prayer



## **Prayer of Adoration - Acknowledging that we are creatures before our creator, or that God is God and we are not.**

Prompt: Have everyone at the table close their eyes and take a deep breath. Make the Sign of the Cross and have one of the parents repeat the line from Psalm 46:11: "Be still and know that he is God" three times. Then, sit in silent adoration for about 30 seconds. Close with an Our Father together and by making the Sign of the Cross.



## **Prayer of Thanksgiving - Thanking God for something given to us or done for us that we didn't earn or deserve.**

Prompt: Begin with the Sign of the Cross. One of the parents can lead by saying, "Father, I thank you for \_\_\_\_" and list 2-3 points of gratitude. Then, go around the table with each person saying "Father I thank you for \_\_\_\_." Once everyone has had a chance to offer thanksgiving, say an Our Father together, and close with the Sign of the Cross.



## **Prayer of Petition - Asking the Lord for something we need in the context of a loving conversation. We know that God wants what is best for us and may answer our prayers in his own time or way.**

Prompt: Parents can lead each member of the family in making a prayer of petition by opening with the Sign of the Cross, and then saying: "In the quiet of your heart, ask God for what you need and desire." After 30 seconds or so, close by leading the Our Father and make the Sign of the Cross.



## **Prayer of Intercession - Asking on behalf of another. So, we can intercede on behalf of our friends and family and we can ask others to intercede, or pray, for us as well.**

Prompt: Start an "Intercession Sheet" on the back of this page by listing people, needs, and intentions. Then, make the Sign of the Cross and offer God the intentions on the list by saying, "Father, in Jesus' name we ask for \_\_\_\_." Close with an Our Father and make the Sign of the Cross.



## **Prayer of Praise - Loving God simply because he is God and acknowledging Him as such. Prayer of praise is very simple. We can say, "God/Father I praise you for you are \_\_\_\_." Fill in the blanks with attributes of God, for example: Good, Merciful, Just, etc.**

Prompt: Make the Sign of the Cross and go around the table and have each member of the family issue a prayer of praise by using the prompt above. Close by making the Sign of the Cross.