

**INSTRUCTIONS:** Print off a copy for each person to use in their next visit to adoration.

## PRAYER TIPS

### FROM THE YOUCAT



**469: WHAT IS PRAYER?** PRAYER IS TURNING THE HEART TOWARD GOD. WHEN A PERSON PRAYS, HE ENTERS INTO A LIVING RELATIONSHIP WITH GOD. SOMEONE WHO PRAYS NO LONGER LIVES ON HIS OWN. HE KNOWS THERE IS A GOD TO WHOM HE OR SHE CAN TALK.

**470: WHY DO WE PRAY?** WE PRAY BECAUSE WE NEED TO. WHETHER WE AVOID THINKING ABOUT GOD OR DENY HIM - HE IS ALWAYS THERE FOR US. HE SEEKS US BEFORE WE SEEK HIM. YOU FEEL LONELY, HAVE NO ONE TO TALK WITH, AND THEN SENSE THAT GOD IS ALWAYS AVAILABLE TO TALK. PRAYING IS AS HUMAN AS BREATHING, EATING AND LOVING. [PRAYING MAKES IT POSSIBLE TO RESIST TEMPTATIONS. PRAYING REMOVES FEAR, INCREASES ENERGY AND GIVES A SECOND WIND. PRAYING MAKES ONE HAPPY.

**478: WHY CAN WE BE CONFIDENT THAT OUR PRAYER IS HEARD BY GOD?** MANY PEOPLE CALLED ON JESUS DURING HIS EARTHLY LIFE FOR HEALING, AND THEIR PRAYERS WERE ANSWERED. JESUS WORKED A WHOLE SERIES OF CURES. HE PERFORMED SIGNS AND MIRACLES. MANY CHRISTIANS CAN TELL STORIES OF HOW THEY CALLED ON GOD AND GOD HEARD THEIR PRAYERS. WE MUST LEAVE IT UP TO HIM HOW HE WILL ANSWER OUR PETITIONS.

**483: WHAT ARE THE FIVE MAIN TYPES OF PRAYER?**

**484: PRAYER OF BLESSING:** IT IS A PRAYER THAT CALLS DOWN GOD'S BLESSING UPON US. "MAY THE LORD BLESS YOU." THE PRIEST BLESSES EXPLICITLY IN THE NAME OF JESUS AND ON BEHALF OF THE CHURCH.

**485: ADORATION:** EVERY PERSON WHO UNDERSTANDS THAT HE IS GOD'S CREATURE WILL HUMBLY RECOGNIZE THE ALMIGHTY AND ADORE HIM. SOMEONE WHO REALLY ADORES GOD KNEELS DOWN BEFORE HIM. THIS EXPRESSES THE TRUTH: HE IS GREAT AND WE ARE LITTLE.

**486: PRAYER OF PETITION:** GOD WHO KNOWS US THROUGH AND THROUGH, KNOWS WHAT WE NEED. GOD WANTS US TO ASK, TO TURN TO HIM IN TIMES OF NEED. IT IS FOR OUR OWN SAKE THAT WE ARE SUPPOSED TO OFFER PRAYERS OF PETITION. SOMEONE WHO DOES NOT ASK AND DOES NOT WANT TO ASK SHUTS HIMSELF UP IN HIMSELF. GOD RESPECTS OUR FREEDOM.

**488: PRAYER OF THANKSGIVING:** EVERYTHING THAT WE ARE AND HAVE COMES FROM GOD.

**489: PRAISE:** GOD NEEDS NO APPLAUSE. BUT WE NEED TO EXPRESS OUR DELIGHT IN GOD AND REJOICING IN OUR HEARTS. WE PRAISE GOD BECAUSE HE EXISTS AND HE IS GOOD.

**499: WHEN SHOULD A PERSON PRAY?** FROM THE EARLIEST TIMES CHRISTIANS HAVE PRAYED AT LEAST IN THE MORNING, AT MEALS, AND IN THE EVENING. SOMEONE WHO DOES NOT PRAY REGULARLY WILL SOON NOT PRAY AT ALL. ANYONE WHO LOVES ANOTHER PERSON AND ALL DAY LONG NEVER GIVES THAT PERSON A SIGN OF HIS LOVE DOES NOT REALLY LOVE HIM.

**500: ARE THERE VARIOUS WAYS TO PRAY?** YES, THERE IS VOCAL PRAYER (501- JESUS TAUGHT HIS DISCIPLES TO PRAY WITH WORDS), MEDITATION (502- PRAYERFUL SEEKING THAT STARTS WITH A SACRED TEXT) AND CONTEMPLATIVE PRAYER (503- SILENCE, LISTENING AND BEING IN THE PRESENCE OF GOD.)