

# CATHOLIC PRAYER

FIVE METHODS FROM THE CATECHISM

## *BLESSING AND ADORATION*

The prayer of blessing is man's response to God's gifts: because God blesses, the human heart can in return bless the One who is the source of every blessing. Adoration is the first attitude of man acknowledging that he is a creature before his Creator. (CCC 2626-2628)



## *PRAYER OF PETITION*

The first movement of the prayer of petition is asking forgiveness. It is a prerequisite for righteous and pure prayer. There is a hierarchy in these petitions: we pray first for the Kingdom, then for what is necessary to welcome it and cooperate with its coming. (CCC 2632-2632)

## *PRAYER OF INTERCESSION*

Intercession is a prayer of petition which leads us to pray as Jesus did. He is the one intercessor with the Father on behalf of all, especially sinners. He is "able for all time to save those who draw near to God through him, since he always lives to make intercession for them." (CCC 2634)

## *PRAYER OF THANKSGIVING*

Thanksgiving characterizes the prayer of the Church which, in celebrating the Eucharist, reveals and becomes more fully what she is. Christ sets creation free from sin and death to consecrate it anew and make it return to the Father, for his glory. (CCC 2637)

## *PRAYER OF PRAISE*

Praise lauds God for his own sake and gives him glory, quite beyond what he does, but simply because HE IS. It shares in the blessed happiness of the pure of heart who love God in faith before seeing him in glory. (CCC 2639)

