



## Types of Prayer

Use the CCC definition to help you write what each type of prayer means to you in your own words.

Think, *what does it look like and sound like to pray in each of these ways?*

Type of Prayer	CCC Definition	In My Words, this type of prayer means...
<b>Blessing</b>	CCC 2626 Blessing expresses the basic movement of Christian prayer: it is an encounter between God and man. In blessing, God's gift and man's acceptance of it are united in dialogue with each other. 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.	
<b>Adoration</b>	CCC 2628 Adoration is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us <sup>99</sup> and the almighty power of the Savior who sets us free from evil. Adoration is homage of the spirit to the "King of Glory," <sup>100</sup> respectful silence in the presence of the "ever greater" God. <sup>101</sup> Adoration of the thrice-holy and sovereign God of love blends with humility and gives assurance to our supplications.	
<b>Petition</b>	CCC 2629 The vocabulary of supplication in the New Testament is rich in shades of meaning: ask, beseech, plead, invoke, entreat, cry out, even "struggle in prayer." <sup>102</sup> Its most usual form, because the most spontaneous, is petition: by prayer of petition we express awareness of our relationship with God. We are creatures who are not our own beginning, not the masters of adversity, not our own last end. We are sinners who as Christians know that we have turned away from our Father. Our petition is already a turning back to him.	
<b>Intercession</b>	CCC 2634 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 men, especially sinners. <sup>112</sup> 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." <sup>113</sup> The Holy Spirit "himself intercedes for us . . . and intercedes for the saints according to the will of God." <sup>114</sup>	
<b>Thanksgiving</b>	CCC 2637 Thanksgiving characterizes the prayer of the Church which, in celebrating the Eucharist, reveals and becomes more fully what she is. Indeed, in the work of salvation, Christ sets creation free from sin and death to consecrate it anew and make it return to the Father, for his glory. The thanksgiving of the members of the Body participates in that of their Head. As in the prayer of petition, every event and need can become an offering of thanksgiving. The letters of St. Paul often begin and end with thanksgiving, and the Lord Jesus is always present in it: "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you"; "Continue steadfastly in prayer, being watchful in it with thanksgiving." <sup>1</sup>	
<b>Praise</b>	CCC 2639 Praise is the form of prayer which recognizes most immediately that God is God. It 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. By praise, the Spirit is joined to our spirits to bear witness that we are children of God, <sup>121</sup> testifying to the only Son in whom we are adopted and by whom we glorify the Father. Praise embraces the other forms of prayer	



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	and carries them toward him who is its source and goal: the "one God, the Father, from whom are all things and for whom we exist." <sup>122</sup>	
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