



The Five Forms of Prayer

- 1. Blessing and Adoration:** When we bless God, and by the power of the Holy Spirit through Jesus Christ, God the Father blesses us in return. We pray a blessing because of the wonderful gifts and blessings God has given to us. When we pray in adoration, we adore, worship, and love God as the One who created us. He is great and almighty. We experience this in Eucharistic Adoration.
(Catechism of the Catholic Church 2626-2628)
- 2. Petition:** When we ask God for forgiveness and help with any need we have big or small.
(Catechism of the Catholic Church 2629-2633)
- 3. Intercession:** When we pray for others, including our enemies. When we pray for others, it leads us to pray like Jesus did.
(Catechism of the Catholic Church 2634-2635)
- 4. Thanksgiving:** When we give thanks to God for any good things or event. "Eucharist" is the Greek word for thanksgiving and the Eucharist at Mass is the greatest prayer of thanksgiving.
(Catechism of the Catholic Church 2637-2638)
- 5. Praise:** When we give God glory, love, and praise, not simply for what He has done, but for who He is.
(Catechism of the Catholic Church 2639)