

## What is prayer?

Prayer is...

communicating with God.








conversation with God.

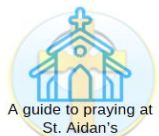
tuning into God.

becoming open and attentive to God.

Ultimately, through prayer we explore and deepen our relationship with a loving and compassionate God: a God who is constantly calling us and who is always there for us. Prayers can be asking, thanking, praising and saying sorry. At its most pure, prayer is a form of contemplation, of being still in his presence.

## 'Living and growing in Christ'.

	Dignity
	Solidarity
	The common good
	The option for the poor
	Peace
	Creation and environment
	The dignity of work and participation



## Prayers of the Faithful

These are often referred to as bidding prayers or prayers of intercession. They are prayer **intentions** and announce to the community what is to be prayed about. Generally, the order of intentions at Mass is as follows:

1. for the needs of the Church
2. for public authorities
3. for those in difficulty
4. for the local community, particularly the sick and those who have died.

However, for particular celebrations, intentions may reflect more closely the particular occasion.

Prayer intentions at Mass should not begin with the words "Dear God" or "Dear Jesus". They normally begin with the words:

We pray for...

Let us pray for...

We pray that...

## Prayer combo...

- Praise God
- Say sorry to him
- Ask him for his help
- Make him a promise
- Thank him for his love

## Saying sorry...

- Praise God
- Say what you have done wrong
- Say you are sorry
- Ask for forgiveness
- Promise to make a fresh start
- Thank God for his love

## Asking...

- Say how you feel
- Say what you need
- Ask for God's help
- Thank God for his love

## Thanking and praising...

- Tell God he is wonderful
- Tell God what he has done for you
- Thank him for what he has given you
- Tell him you love him

Choose a 'sentence start' to begin your prayer.

God our Father...

Jesus, my friend and saviour...

*Spirit of love...*

Lord God...

Almighty and eternal God...

We come to you Father...

Father in Heaven....

Powerful God....

Lord, God Almighty....

Holy Spirit....

Jesus Christ, Son of God....

Father most Holy....

Lord and Saviour....

Our Father....

Lord and Creator....

Loving friend...

Choose an ending to finish your asking prayers.

Lord hear our prayer.

*...we ask this through Christ our Lord. Amen.*

**...Grant this through Christ our Lord. Amen.**

*...I ask this in the name of Jesus. Amen.*

Lord, in your mercy. Hear my prayer.

*... We make this prayer through Christ our Lord.*

Choose a phrase or combination of phrases to create your litany, or invent a phrase of your own.

We honour and praise you....

Teach us to be like you....

*We ask for your help Lord...*

**We praise you, O Lord....**

We pray to you, Lord...

We thank you, O Lord....

Guide and strengthen us....

The **5** Finger Prayer Method!



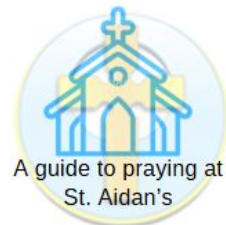
Thumb: Those closest to your heart – family and friends

Pointer finger: Those giving direction – teachers, doctors...etc

Index finger: Those in leader – Government, business, church.

Ring finger: Those who are weak – sick, poor.

Pinky finger: Yourself.



A guide to praying at St. Aidan's