



## Prayer Activity

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From the Guided Adoration: Prayer is very, very important. Prayer is talking and listening to God. We listen with our heart when we are willing to accept and do whatever God wants of us. It is so very much needed as we live our lives. The Catechism, which is a book that explains our Catholic faith, says prayer is a vital necessity. <sup>1</sup> **That means we need prayer!**

Review with the children the different kinds of prayers:

Blessings and Adoration -- where we meet with God

Prayer of Petition or Intercession -- where we ask for our needs

Prayer of Thanksgiving -- where we say thank you

Prayer of Praise -- when we show that we know God is God

Using the activity sheet, have the children write or draw their prayers under each category. Some examples are listed below.

### **Blessings and Adoration**

Most Holy Trinity, I adore You! My God. My God. I love You in the most Blessed Sacrament.

O Jesus, I love You! (Fatima Prayer) . . . . O Jesus, I adore You! . . . . O Jesus, I love You!

Benediction (Eucharistic Blessing at the end of Adoration when the priest holds the monstrance using the humeral veil so we know that the blessing is coming directly from Jesus.)

### **Petition or Intercession**

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<sup>1</sup> Catechism of the Catholic Church 2744

(The children should do well with this form of prayer.)  
Please help Our Holy Father  
Help all the sick  
Help my family, friends, and loved ones with our needs

### **Thanksgiving**

(The children should do well with this form of prayer.)  
For the gift of life  
The moon,  
Stars  
Rain and sunshine  
Mom, dad, sisters, brothers, cousins, grandparents  
Forgiveness of our sins  
Holy Communion  
For dying on the cross for us  
Heaven  
For hearing my prayers

### **Praise**

You are God and we praise You!  
Praise You God.  
Praise You God for Your mighty deeds  
Let everything that has breathe give praise to the Lord.)  
My God! My God!  
*"Praise the Lord, my soul! All my being, praise His Holy name!"*



# Prayer

Prayer is talking and listening to God.



## BLESSINGS and Adoration

*(We meet with God.)*

## THANKSGIVING

*(We say thank you to God)*

## Petition and Intercession

*(We ask for our needs and the needs of others.)*

## Praise

*(We show we know God is God.)*