

FIVE TYPES OF PRAYER

BLESSING AND ADORATION

We bless God. Our prayer ascends in the Holy Spirit through Christ to the Father. Grace of the Holy Spirit descends through Christ from the Father and He blesses us.

Blessing is a two-step movement. First God gives us a gift, and then we respond with joy and gratitude.

Adoration is closely related to blessing. When we adore God, we acknowledge that we are creatures before the One who created us. Adoration, which is reserved for God alone, can take the form of joyful noise or respectful, humbled silence.

PETITION

Asking for forgiveness is the prerequisite. We pray for God's kingdom to come. Then what is necessary to welcome it and cooperate with its coming. We share in God's saving love.

Petition is asking God for something we need. In this prayer form, which is also called supplication, we ask, beseech, plead, invoke, entreat, cry out, even struggle in prayer. We should bear in mind that His will be done.

INTERCESSION

It's a prayer of petition which leads us to prayer as Jesus did. With the intercession of the Holy Spirit we ask on behalf of another. We look not only to our own needs but the needs of another.

When we offer a prayer of intercession, we join our love for others with God's love for the people we are praying for. Make a list to make sure to include others in your regular prayer. Ask for intentions.

THANKSGIVING

Every event and every need can become an offering of thanksgiving.

In thanksgiving we remember that we are creatures and God is our Creator. The more we pray thanksgiving, the more we grow in awareness that all we have comes to us as a gift from God's abundant love. These prayers can be spontaneous and occur in everyday conversations, forming a spirit of gratitude and bearing witness to your love of God.

PRAISE

We recognize that God is God. We give God glory for His own sake not because of what He does but for who He is. When we praise God our spirit is joined with the Holy Spirit to show we are God's children. Praise embraces all forms of prayer and carries our petitions to God.

Praise embraces all other forms of prayer and carries them to God, who is our source and goal.

Praise is the form of prayer that expresses our love for God simply because God IS.