

## There are different kinds of prayer.


Think of a time when something was so beautiful or amazing that it made you think “Wow!” That feeling can become a *prayer of praise*. “O God, you are wonderful!”

Think of a time when you passed a difficult test or when you felt better after being sick. You felt grateful that God had been so good to you. You said, “Thank you so much, O Lord!” This is a *prayer of thanksgiving*.

There are other times when we know that we have done wrong, when we have sinned. We ask God for forgiveness. This is a *prayer of petition*.

A prayer is often prayed before a meal. We pray to God to bless the gift of our food. This is a *prayer of blessing*.

We can ask God to help our families, friends, and all the people in the world. This is a *prayer of intercession*.

 Look at the pictures on these pages. Below each write the type of prayer that might be said: praise, thanksgiving, petition, blessing, or intercession.



## The Church prays at all times.

Did you know that the Church is always at prayer? In one part of the world, children are beginning their school day by praying. Yet at the same time in another part of the world, children are saying their prayers before going to bed.


There are special prayers called the Liturgy of the Hours. These prayers are prayed seven different times during the day. So somewhere in the world, people are always praying the Liturgy of the Hours.

If we could travel around the world, we would be able to pray in different languages and in different ways. For example, in some countries, people pray by taking part in dances.

Other people would be praying by walking through the streets in processions. In some countries, we would see people praying at shrines set up along the roads. In other places, we would see people making journeys to holy places. These prayer-journeys are called **pilgrimages**.

The greatest prayer of the Church is the Mass. The Mass is the celebration of the Eucharist, the sacrament of the Body and Blood of Christ. It unites us all and leads us to live as Jesus’ disciples.

### WE RESPOND

 In groups talk about some of the ways your parish prays. How do these ways help people to grow closer to God? Act out one of these ways for the rest of the class.

## As Catholics...

We can pray with our bodies. We show respect for Jesus present in the Eucharist by genuflecting or bowing before the tabernacle. During Mass we pray by standing, kneeling, and sitting. At other times we pray with hands folded or with arms open wide. Sometimes people even pray by dancing!

How do you pray?



**Key Word**  
**pilgrimages** (p. 252)

