

Topic: Prayer

Class Date: 4/9/2026

KEY TERMS AND DEFINITIONS

1. Prayer – A conversation between oneself and God in which one lifts their heart and mind to God establishing an open line of connection where one can bring everything to the Lord and open themselves to whatever the Lord God brings to them.
2. Adoration – A form of prayer in which one expresses praise and honor to God. Examples include thinking about and admiring that which is wonderful and beautiful in the world, taking in the good things in our life and acknowledging their origin in God, and expressing in words or song how God is the greatest good and all that flows from Him is an expression of that good.
3. Petition – A form of prayer in which one asks God for something good either for ourselves or for someone else. This form of prayer is where we bring God our problems and worries trusting and knowing He will hear our prayers and respond according to His will.
4. Intercession – A form of prayer in which one prays on behalf of someone else. The Catholic Church thrives on intercession as the Church believes that we can ask one another for intercessions but also the angels and the saints in Heaven. A common misconception is that when Catholics ask for intercessions they are “praying” to someone other than God, when in reality, all they are doing is asking that intercessor to pray for them on their behalf to God. Intercession is practiced during the Sunday mass.
5. Thanksgiving – A type of prayer in which one offers gratitude for God’s active work in the world and our individual lives. It is a great practice to realize how God is active in the world and in our lives.
6. Vocal Prayer – The act of praying using our voices. This is often used when reciting common prayers such as the “Our Father,” “Hail Mary,” and “Glory Be,” or simply when we have a conversation with God.
7. Meditative Prayer – The act of praying internally. This act of praying is often said to be done in one’s heart. It differentiates itself from the Eastern style of meditation because in Eastern meditation one empties their mind, whereas understanding meditation in the Catholic sense, one is focusing their mind on God and the way He is moving in one’s life.
8. Contemplative Prayer – The act of placing oneself in total rest, inviting God to be present in every moment. Contemplative prayer can take the form of accepting and acknowledging God’s presence at all times during one’s day. It follows that by accepting and acknowledging God’s presence at all times, one’s thoughts, words, and deeds will constantly orient them towards God.
9. The Our Father – A prayer that was given to us by Jesus Christ Himself that can be found in scriptures. (Matthew Chapter Six Verses Nine through Fifteen)
10. The Hail Mary - A prayer in which one praises Mary based on the Biblical greetings the Archangel Gabriel and Mary’s cousin Elizabeth use, as well as ask for her intercession to pray for the reciter. (Luke Chapter One Verse Twenty-Eight and Luke Chapter One Verse Forty-Two.)

11. The Sign of the Cross – A devotional action performed to remind oneself about the saving symbol of the cross. The action consists of placing one’s hand on their forehead, lowering it to their chest, tracing to their left shoulder and then back to their right shoulder. It is often accompanied by the recitation “In the name of the Father” as the hand is on the forehead, “And of the Son” as the hand is lowered to the chest, “and of the Holy Spirit” as the hand marks the shoulders. It is common to perform the sign of the cross before prayer, when bestowing a blessing, and as a reminder to center oneself back towards God.
12. Devotionals – An item or practice that one might hold a special affinity towards that points them and brings them closer to God.

PRAYER

A living conversation with God

Come, Holy Spirit.
Teach us how to pray.

Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.
Philippians 4:6-7

Heavenly Father, please lead me where you want me to go, show me what you want me to see, however you and you alone want to do that. Jesus, please fill me with whatever it is I really need right now, and please empty me of whatever it is I really don't need or is in your way. Please grant your total peace and protection, in and around me and around this room. In your name Jesus, I ask this through Mary. Come Holy Spirit...

5-in-1 Prayer Method

The Holy Spirit who teaches the Church and recalls to her all that Jesus said also instructs her in the life of prayer, inspiring new expressions of the same basic forms of prayer: **blessing, petition, intercession, thanksgiving, and praise.**
CCC 2644-2649

BLESSING

Divine Praises

PETITION

Forgiveness: Asking for forgiveness for our sins.

Answering Jesus: "What do you want me to do for you?"

INTERCESSION

Who prays for me?

Who needs my prayers?

THANKSGIVING

What am I thankful for in my life?

What am I thankful for today?

Thanksgiving _____ the _____.

Thanksgiving _____ in the _____.

Thanksgiving gives _____ for the _____.

PRAISE

Who are you a fan of? What is so great about Him?

Title for God Greatest/ Highest
Attribute

_____ you are _____.

_____ you are _____.

_____ you are _____.

Always ask Jesus and the Holy Spirit to be with you and guide your prayer and imagination.

LECTIO DIVINA

(Latin for "divine reading") is an ancient monastic practice of slow, contemplative prayer using Scripture to foster a deeper relationship with God. It involves reading a short passage four times, focusing on listening and meditating on a word or phrase, rather than analyzing it.

IGNATIAN CONTEMPLATION: IMAGINATIVE PRAYER

Ignatian contemplation is a form of imaginative prayer that invites you to "enter" a Gospel scene by using your senses to visualize and experience the events as if you were physically present. Developed by St. Ignatius of Loyola, this method moves beyond analytical study to foster a personal, "heart-to-heart" encounter with Jesus.

VISIO DIVINA

Translated from Latin, visio divina means "divine seeing." It's the practice of praying with a sacred image or work of art. By incorporating art into prayer, visio divina invites us to bring our sense of sight as well as our imagination into our relationship with God.

Titles for God from Scripture

Elohim, God, Jehova, Yahweh, Lord, Adon, Adonai, I Am That I Am, I Am, Most High God, The God Of Sight, Almighty God, Everlasting God, Rock, YHWH of Hosts, YHWH will provide, I, YHWH, am your healer., YHWH is my banner, YHWH who sanctifies you, YHWH is peace, YHWH is my shepherd, YHWH our maker, YHWH our righteousness, YHWH who is there, The Name, The Great Mighty Awesome God, Father, Holy Spirit, The Spirit Of The LORD God, Holy One Of Israel, Light, Light To The Nations, Fortress, Tower Of Strength, Hiding Place, Shield, Rock Of My Strength, Stone, Cornerstone, The Portion Of My Inheritance, Branch, Crown and Diadem, Tent Peg, Bow Of Battle, Maker, Creator Of Israel, Shepherd Of Israel, Redeemer, Deliverer, Savior, King Of Israel, Lord Of All The Earth, The Most High, Shiloh, The Arm Of The Lord, Messiah The Prince, God Of Abraham, God Of Isaac, And God Of Jacob, Wonderful Counselor, Mighty God, Father Of Eternity, Prince Of Peace, Holy One, Spirit Of God, The Spirit Of The LORD, The Spirit Of Wisdom And Understanding, The Spirit Of Counsel and Strength, The Spirit Of Knowledge And The Fear Of The LORD, Upright One, Light Of Israel, Our Dwelling Place, Stronghold, Refuge, Strength, Rock, Rock Of Israel, Stone of Israel, My Portion In The Land Of The Living, My Cup, Star, Potter, Husband, Creator, Shepherd, Messenger Of The Covenant, Redeemer of Israel, My Lovingkindness, The King, King Of Glory, Ancient of Days, Covenant To The People, The Angel, Ruler In Israel, Father, God The Father, The Father Of Lights, The Father Of Spirits, God (Elohim), The God Of Abraham, Isaac And Jacob , God Of Peace , The Living God , Lord God , Lord Almighty , Power , The Most High God , Lord Of Armies, The Majesty, The Lawgiver And Judge, Sovereign, A Consuming Fire, Abba, Father Of Our Lord Yeshua The Messiah, The Father Of Glory, Father of Mercies, The God Of Our Fathers , God Of All Comfort , The God Of Glory , The God Of Israel , Lord God of Israel , The Almighty , The Creator , The Divine Nature, The Majestic Glory, The King Of The Nations, The Eternal Immortal Invisible King, Heaven

Titles for Jesus from Scripture

Advocate, Alpha and Omega, The Almighty, Amen, Ancient of Days, Apostle and High Priest of our Confession, Arm of the Lord, Author and Finisher of our Faith, Beloved, Beloved Son, Bread of God, Bread of Life, Living Bread, Bridegroom, Bright Morning Star, Brother, Captain of Our Salvation, Carpenter, Carpenter's Son, Chief Shepherd, Chosen One, Christ, Christ Jesus, Christ of God, Christ the Lord, Christ Who Is Above All, Consolation of Israel, Chief Cornerstone, Dayspring, Deliverer, Deliverer from the Wrath to Come, The Desire of All Nations, Eldest of Many Brothers, Emmanuel, Faithful and True Witness, Father Forever, First and Last, Firstborn Among Many Brothers, Firstborn from the Dead, Firstborn of All Creation, First Fruits, Friend of Tax Collectors and Sinners, Gate of the Sheepfold, Glory, Good Shepherd, Grain of Wheat, Great Shepherd of the Sheep, Head, Head of the Church, Hidden Manna, High Priest, He Who Holds of the Keys of David, He Who Is Coming Amid the Clouds, Heir of all things, Holy One, Holy One of God, Holy Servant, Hope, Horn of Salvation, I Am, Image of the Invisible God, Indescribable Gift, Intercessor, Jesus, Jesus the Nazarene, Judge of the World, Just One, Just Judge, King, King of Israel, King of Kings, King of Nations, King of the Jews, Lamb of God, Last Adam, Leader, Leader and Perfecter of Faith, Leader and Savior, Life, Light, Light of All, Light of the World, Light to the Gentiles, Lion of the Tribe of Judah, Living Bread Come Down From Heaven, Logos, Lord, One Lord, My Lord My God, Lord Both of the Dead and the Living, Lord God Almighty, Lord Jesus, Jesus Is Lord, Lord Jesus Christ, Lord of All, Lord of Glory, Lord of Lords, Lord of Peace, The Man, Man of Sorrows, Master, Mediator, Messenger of the Covenant, Messiah, Mighty God, Morning Star, Nazarene, Passover, Power and Wisdom of God, Power for Salvation, Priest Forever, Prince of Life, Prince of Peace, Prophet, Rabboni, Ransom, Redeemer, Rescuer from This Present Evil Age, Radiance of God's Glory, Resurrection and Life, Righteous One, Rising Sun, Root of David, Root of David's Line, Root of Jesse, Ruler, Ruler of the Kings of the Earth, Ruler and Savior,

Titles for Jesus from Scripture (cont.)

Savior, Savior of the World, Second Adam, Servant of the Jews, The Servant of the Lord, Shepherd and Guardian of Our Souls, Slave, Son, Beloved Son, Firstborn Son, Son of Abraham, Son of David, Son of God, Son of Joseph, Son of Man, Son of Mary, Son of the Blessed One, Son of the Father, Son of the Living God, Son of the Most High, Son of the Most High God, Only Son of the Father, Source of God's Creation, Spiritual Rock, Living Stone, Stone Rejected by the Builders, Stumbling Stone, Suffering Servant, Servant of Yahweh, Sun of Righteousness, Teacher, Testator of the New Covenant, The Glory of the Lord, The Rose of Sharon and the Lily of the Valleys, The Lord our Righteousness, True God, True Vine, The Way, the Truth, and the Life, The One Who Is, Was, and Who Is to Come, Wisdom of God, Wonderful Counselor, Word, Word of God, Word of Life

Titles for the Holy Spirit from Scripture

The Spirit, The Holy Spirit of God, The Spirit of the Living God, The Eternal Spirit, The Spirit Of Yeshua, The Spirit Of Messiah, Helper or Comforter, The Holy Spirit, The Holy Spirit Of Promise, The Spirit Of The Lord, The Spirit Of Truth, The Spirit Of Yeshua The Messiah, The Spirit Of God

Praises of God by St. Francis Assisi

You are holy, Lord, the only God, You do wonders.
You are strong, You are great, You are the most high,
You are the almighty King.
You, Holy Father, the King of heaven and earth.
You are Three and One, Lord God of gods;
You are good, all good, the highest good,
Lord, God, living and true.
You are love, charity.
You are wisdom; You are humility; You are patience;
You are beauty; You are meekness; You are security;
You are inner peace; You are joy; You are our hope and joy;
You are justice; You are moderation, You are all our riches.
You are beauty, You are meekness;
You are the protector,
You are the guardian and defender;
You are strength; You are refreshment.
You are our hope, You are our faith, You are our charity,
You are all our sweetness,
You are our eternal life:
Great and wonderful Lord,
God almighty, Merciful Savior.

Divine Praises (Blessing)

Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true Man.
Blessed be the Name of Jesus.
Blessed be His Most Sacred Heart.
Blessed be His Most Precious Blood.
Blessed be Jesus in the Most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most Holy.
Blessed be her Holy and Immaculate Conception.
Blessed be her Glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be St. Joseph, her most chaste spouse.
Blessed be God in His Angels and in His Saints. Amen.