

# How To Pray



*There are five basic forms of prayer: Prayer of Blessing and Adoration, Prayer of Petition, Prayer of Intercession, Prayer of Thanksgiving, and Prayer of Meditation.*

## Prayer of Petition

This is probably the most familiar prayer form of prayer. We are often taught to ask God for the things we need, but asking and praying for them are not necessarily the same. When we pray our petitions, we are asking God, who loves us very much, for something that we believe is good—for ourselves or for others. By using this form of prayer we are mindful of the needs of others as well as of our own needs. We are aware that God wants us to bring our problems and worries to prayer knowing that he will always hear and answer those prayers. God may answer our prayers in a different way and in a different timeframe than we are seeking but God will always give us what we need.

Prayers of petition serve to remind us that God expects us to care for one another and for all his creation. We can pray about the ordinary experiences of life—for people who are sick, for someone who needs a job, for help in our school work, for a safe trip. We pray for peace in our families and in our world. We can also express our sorrow and contrition to God in our prayers.

## Prayer of Intercession

This form of prayer is prayer on behalf of others. This form of prayer can be a source of blessing upon others, the Church, and our world. Because we know that Our Lady and the saints intercede for us before God, the Church encourages us to pray to them for their intercession. Such prayer can bring us great strength and courage and also great peace of mind and heart.

**Learn powerful prayers of intercession here:**

[Pray the Rosary](#)

[Pray the Divine Mercy Chaplet](#)

## Tips to Pray



Find a quiet place and time. Prayer can be done anywhere but it is good to have a place that is conducive to relaxing and focusing our attention on God. Finding a regular time to pray each day can also be helpful in making prayer an important daily routine.

Calm yourself and put away distractions. It is important to be relaxed when we pray by finding a comfortable posture.

Use formal prayers or speak what you feel to God, or a combination of each. It is important to note that there is no "right" way to pray. Experiment with styles and forms of prayer. Prayer is an ongoing, developing relationship with God.

Take time to listen. God does speak to us in prayer but we need to listen with our hearts. Be open to what God is telling you rather than just on what you want to or expect to hear.

Use the Bible in your prayer.

Keep a journal of prayer.

Have a proper attitude. Prayer requires openness to God and a desire to worship and get to know God better.



## Prayer for the Holy Spirit

Come, Holy Spirit, Creator blest,  
and in our souls take up Thy  
rest; come with Thy grace and  
heavenly aid to fill the hearts  
which Thou hast made.

O comforter, to Thee we cry, O  
heavenly gift of God Most High,  
O fount of life and fire of love,  
and sweet anointing from  
above.

Thou in Thy sevenfold gifts are  
known; Thou, finger of God's  
hand we own; Thou, promise of  
the Father, Thou Who dost the  
tongue with power imbue.

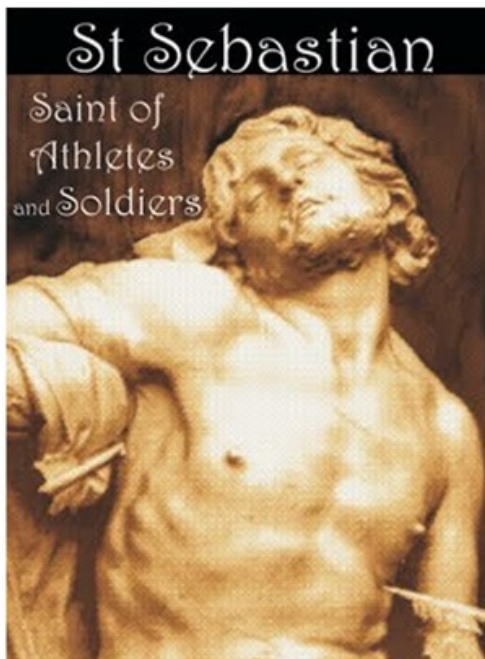
Kindle our sense from above,  
and make our hearts o'erflow  
with love; with patience firm  
and virtue high the weakness  
of our flesh supply.

Far from us drive the foe we  
dread, and grant us Thy peace  
instead; so shall we not, with  
Thee for guide, turn from the  
path of life aside.

Oh, may Thy grace on us  
bestow the Father and the Son  
to know; and Thee, through  
endless times confessed, of  
both the eternal Spirit blest.

Now to the Father and the Son,  
Who rose from death, be glory  
given, with Thou, O Holy  
Comforter, henceforth by all in  
earth and heaven.

Daily Readings Here



## Novena of Intercession to Saint Sebastian

Glorious Sebastian, martyr and saint, I call on your strength and courage to help me through this difficult trial. Your faith was so deep, a multitude of arrows could not finish you.

The piercing wounds inflicted for your faith only proved to strengthen your belief. May you intercede for those who are weakened from the effects of disease. I ask for your intercession (request here) and that I may also survive that which threatens to destroy my beliefs in the mercy of Christ.

St. Sebastian, pray for us.

Our Father, Hail Mary, Glory Be...

## Blessed Carlo Acutis

Blessed Carlo Acutis created an online international museum which catalogs Eucharistic Miracles that have taken place all over the world. You can learn more here:

Eucharistic Miracles



## Join us in Prayer

We invite you to join us in prayer through the intercession of Blessed Carlo Acutis and Saint Sebastian for AJ Quetta from Bishop Feehan, who was seriously injured in a recent hockey game.



## Prayer to Archangel Saint Raphael

Glorious Archangel Saint Raphael, great prince of the heavenly court, you are illustrious for your gifts of wisdom and grace. You are a guide of those who journey by land or sea or air, consoler of the afflicted, and refuge of sinners. I beg you, assist me in all my needs and in all the sufferings of this life, as once you helped the young Tobias on his travels. Because you are the medicine of God, I humbly pray you to heal the many infirmities of my soul and the ills that afflict my body. I especially ask of you the favor (mention your request here) and the great grace of purity to prepare me to be the temple of the Holy Spirit. Amen.