

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.

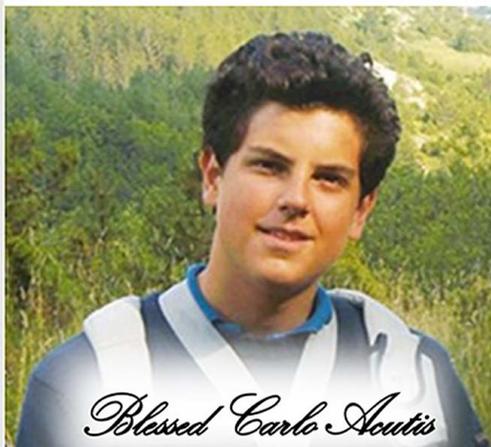
Now to the Father and the Son, Who rose from death, be glory given, with Thou, O Holy Comforter, henceforth by all in earth and heaven.

[Daily Readings Here](#)

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](#)



Blessed Carlo Acutis

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.



AJ Quetta

Novena To Blessed Carlo Acutis

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Dear Father,

Who has given us the ardent testimony of the young Servant of God, Carlo Acutis, who made the Eucharist the core of his life and strength of his daily commitments so that everybody may love You above all else, let him soon be counted among the Blessed and Saints in Your Church.

Confirm my Faith nurture my Hope, strengthen my Charity in the image of young Carlo, who, growing in these virtues, now lives with You.

(Mention your request here...)

I trust in you, Father, and your Beloved Son Jesus, in the Virgin Mary, our Dearest Mother, and in the intervention of Your Servant, Carlo Acutis.

"To always be close to Jesus, that's my life plan".

"The Sacrament of the Eucharist: My Highway to Heaven."

Blessed Carlo Acutis, pray for us!

Amen.



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.