



PRAYER...PART 2

LITURGY BYTES *by Michele Hall*



To continue with our discussion on prayer, I thought a discussion about the various types of prayer might be helpful and informative. Although there are numerous ways to pray in a variety of settings, I have chosen a few of the more popular ones for this article. Let us start with the most familiar types of prayer:

INTERCESSORY PRAYER – This is the prayer that we offer for others when we ask for a special request for a family member or friend. Keep in mind we can use this type when asking for something for ourselves too. This is also the nature of prayer used when we ask a particular saint or the Blessed Mother to pray for us.

PRAYERS OF PRAISE AND THANKSGIVING – It is important to offer thanks to God for all the great things God has done for us.

COMMUNAL AND LITURGICAL PRAYER – These are the prayers offered when the community gathers together like for Mass, a Rosary group, Support group, Exposition of the Blessed Sacrament and Benediction, Liturgy of the Hours (Morning and Evening Prayer), Novena prayers to name just a few.

PRAYERS OF SORROW AND RECONCILIATION – This type of prayer we use for the celebration of the Sacrament of Reconciliation. It is also evident in various parts of the Mass like the Penitential Rite, the Our Father and the doxology said right before Communion...“O Lord, I am not worthy that you should enter under my roof, but just say the word and I shall be healed.” These are examples of sorrow that we all say.

Finally, there is **MEDITATION and CONTEMPLATIVE PRAYER** – which happens when we can set aside time just to be quiet without distractions so we can listen to what God wants to say to us. Some attribute this type of prayer to folks who live in monasteries and are separated from the world, but it is not just for saints or members of religious orders to pray like this. We can all pray in this manner. All we need to do is make time to listen more and let God do the talking! No one can tell you what is the best way to pray. This decision is something only you and God can make!

Have a blessed, peaceful, and prayerful week ahead!