

## **About Prayer ~ What is Prayer?**

Q. *What is prayer?*

A. *Prayer is responding to God, by thought and by deeds, with or without words.*

Q. *What is Christian Prayer?*

A. *Christian prayer is response of God the Father, through Jesus Christ, in the power.*

Prayer, at its basis, is response to God. This assumes God is already there. Prayer is not asking God to come down from heaven; it is realizing God is among us and responding to that by thoughts and deed, with or without words.

## **How are we supposed to pray?**

Q. *What prayer did Christ teach us?*

A. *Our Lord gave us the example of prayer known as the Lord's Prayer.*

There are set prayers (The Lord's Prayer, the Book of Common Prayer), but there are also extemporaneous prayers and times of silent contemplative prayer.

## **What are the different types of prayer?**

Q. *What are the principle kinds of prayer?*

A. *The principle kinds of prayer are adoration, praise, thanksgiving, penitence, oblation, intercession, and petition.*

Adoration is the lifting up of the heart and mind to God, asking nothing but to enjoy God's presence.

We praise God, not to obtain anything, but because God's Being draws praise from us.

Thanksgiving is offered to God for all the blessings of this life, for our redemption, and for whatever draws us closer to God.

In penitence, we confess our sins and make restitution where possible, with the intention to amend our lives.

Oblation is an offering of ourselves, our lives and labors, in union with Christ, for the purposes of God.

Intercession brings before God the needs of others; in petition, we present our own needs, that God's will may be done.

In corporate worship, we unite ourselves with others to acknowledge the holiness of God, to hear God's Word, to offer prayer, and to celebrate the sacraments.

*Compiled and Adapted from the Book of Common Prayer by Ms. Genevieve Callard in the Episcopal Diocese of Western Michigan. May be copied and used appropriately for nonprofit educational purposes.*