

<p>What is Prayer?</p> <p>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.</p>	<p>Adoration</p> <p>Adoration is the lifting up of the heart and mind to God, asking nothing but to enjoy God's presence.</p> <p>The important thing is to let your heart be grateful. By doing so, by practicing adoration, our whole life becomes love and we are ever drawn more deeply into the mystery of the divine presence, near to the heart of God.</p>
<p>Praise</p> <p>We praise God, not to obtain anything, but because God's Being draws praise from us. It's not about us. It's about God, who created and redeemed us, and who sustains our life day by day.</p> <p>But the offering of praise to God goes <i>beyond</i> our personal prayer and the collective prayer of the Church. Praise is to saturate our entire lives!</p>	<p>Thanksgiving</p> <p>Thanksgiving is offered to God for all the blessings of this life, for our redemption, and for whatever draws us closer to God.</p> <p>It is about remembering that everything we have, everything we are, is a gift from God. It does not belong to us.</p>
<p>Penitence</p> <p>In penitence, we confess our sins and make restitution where possible, with the intention to amend our lives.</p> <p>This is our loving response to God who first loved us. It is a prayer deeply rooted in freedom. Like two friends who long to be reconciled, by our prayer of penitence we are reconciled once again to our Beloved and know the healing and converting power of God's love.</p>	<p>Oblation</p> <p>Oblation is an offering of ourselves, our lives and labors, in union with Christ, for the purposes of God.</p> <p>We offer ourselves to God, God returns us to ourselves, as it were, but transformed. In the Eucharist we offer the bread and wine as emblems of our selves. But God does not keep them—they are returned to us, transformed.</p>
<p>Intercession</p> <p>Intercession brings before God the needs of others.</p> <p>To make intercession, literally means 'to be with someone on behalf of another.' It is carrying those we love and long to be healed on our hearts, and taking them mysteriously and wonderfully into the very heart of God.</p>	<p>Petition</p> <p>In petition, we present our own needs, that God's will may be done.</p> <p>It's not that we are waiting for God to answer our prayer. Rather, it is God who is waiting for us to be an answer to God's prayer for this need, this person, this world.</p>