

Prayers for Grade 9

Name and Experience:

Communal Prayer when 2 or more are gathered in Jesus' name. Communal prayer for most Catholics is the Divine Liturgy (Mass). But, it is also Reconciliation Services, Benediction of the Blessed Sacrament, and other prayer services and group devotions.

Private Prayer talking to God in our own words. God knows everything, so share your deepest thought with Him.

Liturgical Prayer those offered during any of the *liturgies* of the church. This includes Sunday mass, daily mass, the liturgy of the hours, wedding and funeral masses, etc.

Psalms rooted in Judaism, were prayed by Christ and are used today as personal and communal prayer.

Recognize and recite:

Vocal Prayer To give voice to what is stirring in our hearts and in our souls. Vocal prayer can be as simple and uplifting as "Thank you, God, for this beautiful morning." It can be as formal as a Mass celebrating a very special occasion. It can be as intense and immediate as the prayer Jesus uttered in the Garden of Gethsemane, "Not my will, but yours be done."

Meditative Prayer To meditate is to reflect on or think about God. When we meditate, we keep our attention and focus on God so that we can recognize his presence in our daily lives and respond to what God is asking of us. When we meditate, a variety of things can help us to concentrate and to spark our imaginations. We may use Scripture, particularly the Gospels; traditional prayers; writings of the spiritual fathers; religious images; or history—the page on which the "today" of God is written. Meditation, also known as reflective prayer, leads us to conversation with God. Remembering that we are in God's presence, we can listen to him speak to us. We enter into God's sacred time and space and know that he is with us at all times and in all places.

Contemplative Prayer When we rest quietly in God's presence, we engage in contemplation. In contemplation we spend time with God in wordless silence, aware that he is with us. To understand how contemplation occurs, we can compare it with thinking on—or contemplating—a beautiful sunset. We are conscious of its impact, but our reaction is wordless. When we experience God personally, we feel his love and wait for him to speak to us in his own way. The key is to make time to relax and listen in God's presence, to seek union with the God who loves us.