



FORMS OF PRAYER E-GUIDE

# A C T S

*adoration*

*contrition*

*thanksgiving*

*supplication*

*Blessed is She*

# INTRODUCTION

In her wisdom, the Catholic Church has given us a wealth of tradition throughout the ages. One of these riches is the vast deposit of prayer available to us. We have, at our fingertips, a prayer for every occasion, every struggle, and every joy.

The Church also outlines four forms of prayer: Adoration, Contrition, Thanksgiving, and Supplication. Employing each of these forms of prayer will help our spiritual lives be richer and our relationship with the Lord grow stronger. The forms of prayer help us to keep our priorities straight and our hearts properly directed to Our Lord.

Here's what the Catechism of the Catholic Church has to say about each form of prayer:

## ADORATION

*Adoration is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Savior who sets us free from evil (CCC 2628).*

## CONTRITION

*The first movement...is asking forgiveness... It is a prerequisite for righteous and pure prayer. A trusting humility brings us back into the light of communion between the Father and his Son Jesus Christ, and with one another... (CCC2631).*

## THANKSGIVING

*Thanksgiving characterizes the prayer of the Church which, in celebrating the Eucharist, reveals and becomes more fully what she is... every event and need can become an offering of thanksgiving. (CCC 2637-2638).*

## SUPPLICATION

*When we share in God's saving love, we understand that every need can become the object of petition. Christ...is glorified by what we ask the Father in his name (CCC2633).*

In this e-guide, we provide an example of each form of prayer for your use. Pray the prayers, journal with them, bring them to Adoration, and see how the Holy Spirit moves your heart in response. Then, continue to search for other prayers that fit with these forms of prayer. Make them a regular part of your prayer life.

Let's pray with and for one another as we journey together toward Heaven.



# ADORATION

## PRAYER OF ADORATION BEFORE THE BLESSED SACRAMENT

*Bring this prayer of praise and adoration with you the next time you visit Jesus in Eucharistic Adoration. May we remain in awe of the goodness and glory of God.*

### “BE STILL BEFORE THE LORD.” -PSALM 27:7

*God, You are powerful. Your majesty calms and stills my soul, even during the storms of life. You are a good God, and You are worthy of my full attention and total surrender.*

### “WHEN I AWAKE, LET ME BE FILLED WITH YOUR PRESENCE.”

#### -PSALM 17:15

*Father, You are holy. You are the King of the Universe and King of my life. Nothing else should take Your place on the throne of my heart. Your presence in my soul should direct all I say and do.*

### “LOOK TO HIM AND BE RADIANT.” -PSALM 34:5

*Jesus, You are true. You are the source of all that is beautiful. The more I discover You, the more I discover myself. When I am united to Your Heart, Your love shines through me and onto others.*

### “IN YOUR PRESENCE, THERE IS FULLNESS OF JOY.” -PSALM 16:11

*Holy Spirit, You are life. My very existence depends upon You. You are the answer to my desire for happiness. I want to be filled with Your joy in this life and to enjoy eternal happiness with You in the next.*

### “THE PROMISE OF THE LORD PROVES TRUE.” -PSALM 18:30

*God, you are faithful. Although I am undeserving, You invite me into relationship with You. You never fail me, You keep your promises. You are worthy of my trust. You show me what love is and offer it to me unconditionally.*

*Blessed is She*

# CONTRITION

## LIFE EXAMEN

*Using the framework of the Beatitudes (Matthew 5:3-12), take time to reflect on your life and acknowledge the areas that need more prayer and work.*

### **BLESSED ARE THE POOR IN SPIRIT, FOR THEIRS IS THE KINGDOM OF HEAVEN.**

*Do I cultivate a spirit of detachment from worldly goods and achievements, seeking a spirit of generosity?*

*Am I aware of my need for God, my dependence upon God to sustain my every breath and very life?*

*Do I surrender to my need for God, or try to exert control over every aspect of my life and the lives of others?*

*Have I put too much of the burden of my salvation upon myself, not realizing that I cannot earn it, but must make myself like a child in God's arms, entirely dependent on God's loving care?*

### **BLESSED ARE THOSE WHO MOURN, FOR THEY SHALL BE COMFORTED.**

*Have I noticed others in my community who are in mourning, or do I intentionally avoid those suffering out of fear of saying or doing the wrong thing?*

*When I see people suffering, do I allow myself to show up for them physically and emotionally, even though it makes me vulnerable or uncomfortable?*

*Am I willing to be vulnerable with others when I am mourning, to let them see my suffering so they might comfort me?*

*Have I allowed myself to mourn for painful moments in my past—so that God may gift me with comfort and healing?*

### **BLESSED ARE THE MEEK, FOR THEY WILL INHERIT THE EARTH.**

*Do I try to cultivate true humility in my soul, seeing my gifts, talents, and shortcomings as they are, knowing my identity as a woman of God?*

*Do I seek places or words of honor which please my ego, or am I satisfied for others to be recognized for their contributions?*

*Am I willing to seek the invisible people in my church and community, to stand with them in solidarity, even if that is an unpopular choice?*

*Have I been more concerned with what others think of me than with cultivating a spirit of docility to the Holy Spirit's leading?*

*Blessed is She*



# CONTRITION

LIFE EXAMEN, CONT.

## BLESSED ARE THE MERCIFUL, FOR THEY WILL RECEIVE MERCY.

*Am I willing to forgive those who have harmed me? Do I intentionally cultivate a spirit of mercy?*

*Do I show mercy toward myself in my brokenness and sin? Do I hold myself to higher standards than others around me, expecting perfection when I know it is not possible on my own?*

*Am I harsh or judgmental with others, inflicting undue punishments on my family, children, or those in my care?*

*Do I support extraordinary violent or punitive punishment for those who break the law, or am I willing to prioritize both mercy and public safety?*

## BLESSED ARE THE PURE IN HEART, FOR THEY SHALL SEE GOD.

*Where does my faith rank in my life? Is it one thing among many, or is it the most important thing?*

*Do I sincerely discern God's will for my life to the best of my ability, and do what God asks of me? Do fear or feelings of inadequacy keep me from answering the prompting of the Spirit?*

*Have I allowed the Gospel to shape and inform my worldview, choices, and where I invest my time, money, and other resources?*

*Are there smaller "gods" that come before God in my life—money, food, busyness, prestige, recognition? What sin(s) continues to distract me from embracing God's will?*

## BLESSED ARE THE PEACEMAKERS, FOR THEY WILL BE CALLED CHILDREN OF GOD.

*Do I strive to cultivate peace in my interior life—making time for silence, prayer, and listening for the still, small voice of God?*

*Are my words, gestures, and actions motivated by a desire to cultivate peace? Or do I speak and act without thinking of peace, lashing out at those around me (including my children, spouse, and people in my family, church or community)?*

*In my interactions online, do I "speak" with peace to others, even when it is difficult?*

*Am I concerned with issues of violence that plague my community and the world (including but not limited to physical, spiritual, emotional, and sexual violence, abortion, child abuse, euthanasia, and genocide)? Have I sought to educate myself on these issues so I can work for peace on behalf of vulnerable people?*

*Have I resisted hard discussions out of fear, not realizing that peace is not the absence of conflict but the presence of God's justice?*

*Am I willing to put myself in the place of another, trying to understand their worldview, ideas, and experiences before judging them harshly?*

*Do I go to the margins in my family, community, and Church seeking to welcome and befriend those who are often invisible or left out?*

*Blessed is She*

# CONTRITION

LIFE EXAMEN, CONT.

**BLESSED ARE THOSE WHO HUNGER AND THIRST FOR  
RIGHTEOUSNESS, FOR THEY WILL BE FILLED.**

*Do I have a passionate commitment to building the Kingdom of God—a Kingdom of justice, peace, and flourishing?*

*Is my faith something confined to my church or home, or do I seek to intentionally live my faith in all circumstances?*

*Have I allowed my views on the common good and public life be shaped primarily by the Church?*

*Do I keep myself aware of issues facing people and communities which stand in contrast to the flourishing of God's Kingdom? Do I intentionally avoid issues of injustice or people whose dignity has been violated, out of fear or discomfort?*

**BLESSED ARE THOSE WHO ARE PERSECUTED FOR RIGHTEOUSNESS  
SAKE, FOR THEIRS IS THE KINGDOM OF HEAVEN.**

*Am I aware of instances around the world where Christians are persecuted for openly worshipping God? Do I pray for these persecuted people and work to assist them in any way that is possible for me?*

*Am I willing to embrace scorn, judgment, or other forms of exclusion from those in my family, community, or church due to my commitment to my faith and Gospel values?*

*Does my desire to build God's Kingdom come before other pursuits and interests? Am I willing to freely give my gifts, time, and monetary donations to aid in working for God's Kingdom?*

*Blessed is She*



# SUPPLICATION

## LITANY OF WOMEN SAINTS

Lord, have mercy on us,  
*Lord, have mercy on us,*  
Christ, have mercy on us,  
*Christ, have mercy on us,*  
Lord, have mercy on us.  
*Lord, have mercy on us.*  
Christ hear us,  
*Christ graciously hear us.*

God the Father, *have mercy on us.*  
God the Son, *have mercy on us.*  
God the Holy Spirit, *have mercy on us.*  
Blessed Trinity, One God in Three Persons,  
*have mercy on us.*

Holy Mary, Mother of God, *pray for us.*  
Holy Mary, our Mother, *pray for us.*

Saint Anne, *pray for us.*  
Saint Elizabeth, *pray for us.*  
Saint Mary Magdalene, *pray for us.*  
Saint Martha, *pray for us.*  
All you holy women of the Bible, *pray for us.*

Saints Felicity and Perpetua, *pray for us.*  
Saints Agatha and Lucy, *pray for us.*  
Saints Agnes, Cecilia, and Anastasia,  
*pray for us.*  
Saints Philomena and Maria Goretti,  
*pray for us.*  
All you holy virgins and martyrs,  
*pray for us.*

Saint Dymphna, *pray for us.*  
Saint Joan of Arc, *pray for us.*  
Saint Kateri Tekakwitha, *pray for us.*  
Saint Josephine Bakhita, *pray for us.*  
All you holy single women, *pray for us.*

Saint Monica, *pray for us.*  
Saint Elizabeth of Portugal, *pray for us.*  
Saint Zélie Martin, *pray for us.*  
Saint Gianna, *pray for us.*  
All you holy mothers, *pray for us.*

Saint Teresa of Ávila, *pray for us.*  
Saint Catherine of Siena, *pray for us.*  
Saint Thérèse of Lisieux, *pray for us.*  
Saint Hildegard of Bingen,  
*pray for us.*  
All you holy female Doctors of the Church,  
*pray for us.*

Saint Clare of Assisi, *pray for us.*  
Saint Rita of Cascia, *pray for us.*  
Saint Rose of Lima, *pray for us.*  
Saint Teresa Benedicta of the Cross,  
*pray for us.*  
All you holy women religious, *pray for us.*

Saint Catherine Labouré, *pray for us.*  
Saint Bernadette, *pray for us.*  
Saint Margaret Mary Alacoque, *pray for us.*  
Saint Faustina, *pray for us.*  
All you holy women visionaries, *pray for us.*

Immaculate Heart of Mary, *pray for us.*  
Sacred Heart of Jesus, *have mercy on us.*

Christ hear us,  
*Christ, graciously hear us.*  
*Lord Jesus, hear our prayer.*

*Blessed is She*

# THANKSGIVING

## THANKSGIVING INVENTORY

*Take stock of all the ways God has already blessed and provided for you. Seeing God's faithfulness and provision in the past helps us to trust Him in our everyday as well as the unknown ahead. Together let's develop a discipline of gratitude.*

### MATERIAL BLESSINGS

*"Every event and need can become an offering of thanksgiving." - CCC 2638*

*What do you take for granted in your day-to-day that you can be thankful for?*

*What material things do you enjoy that are sheer blessings? (vacations, coffee, gifts you've been given, etc.)*

*What do you love about God's creation (seasons, weather, mountains, the ocean, etc.)?*

### RELATIONAL BLESSINGS

*"What a great favor God does to those He places in the company of good people!"*

*- St. Teresa of Avila*

*Who are you thankful for? And why are you thankful for them?*

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*When and where has God given you the gift of community?*

### SEASONAL BLESSINGS

*"In all circumstances give thanks, for this is the will of God for you in Christ Jesus."*

*- 1 Thessalonians 5:18*

*Thank God for how you grew in a challenging season.*

*Find something to thank God for in the midst of a challenge you're experiencing right now.*

*What positive changes have you made in the last year that you are thankful for?*

*Blessed is She*



# THANKSGIVING

## THANKSGIVING INVENTORY, CONT.

### SPIRITUAL BLESSINGS

"Everything is grace!" - St. Therese of Lisieux

*What do you love about your Catholic faith? (Scripture and Tradition, the Sacraments, devotions, priests/religious, Church teaching, etc.)*

*What progress have you made in the spiritual life (from conversion to meaningful encounters in prayer)? Thank God for it!*

*What do you love about God? Thank Him for Who He is and what He's done.*

- The Father

- Jesus Christ

- The Holy Spirit

### I AM BLESSED AND I AM A BLESSING

**I praise you, because I am wonderfully made; wonderful are your works!" Psalm 139:14**

*What do you like about yourself? Thank God for these gifts—the gift of YOU.*

*Physically? (health, beauty, strength, freckles, smile, etc.)*

*Personality? (fun-loving, good listener, introspective, friendly, adventurous, etc.)*

*Gifts and talents? (artistic ability, intelligence, organization, conversation, athletic ability, etc.)*

*With all these gifts fresh on our minds, let's pray a prayer of Thanksgiving:*

*Gracious God, You are the Giver of all good gifts. We are Yours and everything we have is Yours.*

*Thank you for these many blessings. And for those yet to come, we thank You in advance! In the name of Jesus, we pray. Amen.*

*Blessed is She*