

SPROUTING SEEDS...

St. Martin de Porres

September 2017

Prayer

What is prayer? Prayer is special request for help or expressions of thanks addressed to God.

Who do we pray to? We pray to the Holy Trinity (Father, Son and Holy Spirit), Mary, Saints, and our Guardian Angel.

Why do we pray? We can pray for any number of reasons. There are prayers for adoration, confession, thanksgiving, and petitions. Adoration prayer is when we praise God's goodness. A prayer of confession is a searching prayer of the heart and soul.

Thanksgiving prayer is a prayer that recognizes the good things God gives us and offers thanks to Him. A prayer of petition is when we ask God for help for ourselves, while we can also have prayers of intercession where we pray for the needs of others.

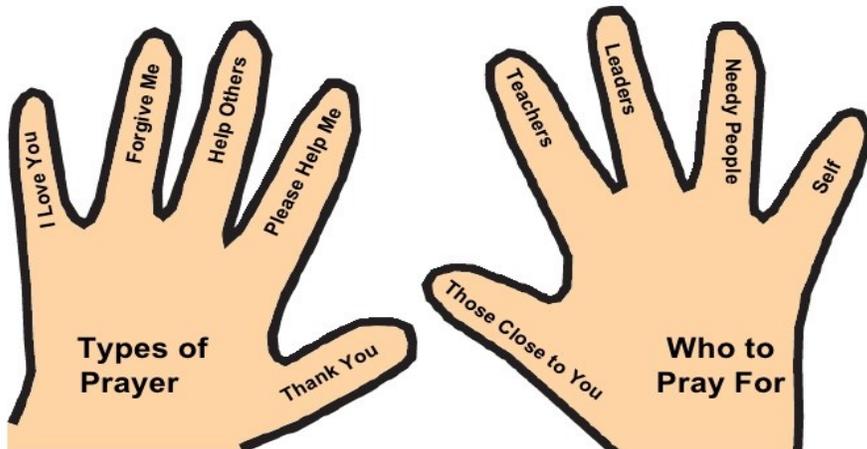
When and where do we pray? Anytime and any place! The beauty of having a relationship with God is the we don't have to wait until Sunday to have a conversation with him. You can pray before bed, on the way to school, at the park, and at church. If you have a feeling of adoration, thanksgiving, need help with something, or feel the need to pray for a friend or family member speak to Him and he will be there.

"The first task in life is this: prayer. But not the prayer of words, like a parrot; but the prayer, the heart: gazing on the Lord, hearing the Lord, asking the Lord."

- Pope Francis



Hands For Prayer



The Sign of the Cross

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Our Father (The Lord's Prayer)

Our Father, Who art in Heaven, hallowed be Thy Name; Thy Kingdom come; Thy will be done on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.



Family Prayer

Catholic Families Pray Together: Catholic families are called to love each other with the love that flows from God's own heart. We can only do this if we ask God—together—to teach us what this means. Therefore, in addition to both our individual prayer life and our worship with our parish communities, we gather together for family prayer each and every day. We use our daily, family prayer time to...

- Praise and thank God for his blessings.
- Ask forgiveness for the times we didn't love as we should.
- Ask for the grace to love each other and the world better.
- Pray for both our needs and the needs of the Family of God.
- Seek God's will for our life.

We treat family prayer, not as a duty or a chore, but as the key to true intimacy and joy in our home.