



Build a Prayer Workshop!



The following is a basic outline of how many Catholic prayers are composed.

- YOU-** The prayer begins by addressing God with an appropriate title or name. \Rightarrow *All merciful God,*
- WHO-** Next, the prayer recalls some past deeds or actions of God. \Rightarrow *who led your people out of slavery in the land of Egypt to the freedom of the Promised Land,*
- DO-** The prayer then states what is being asked of God. \Rightarrow *please free us of the prejudice and fear that hold us captive.*
- THROUGH-** Lastly, the prayer ends by offering the prayer through Jesus, our High Priest. \Rightarrow *We ask this through Jesus, your only Son and our Savior.*
- Amen.*



Writing a Prayer: ACTS

- Adoration Begin with a sentence of praise and adoration for the greatness and wonder of God.
- Confession Add a sentence recognizing that we have not lived the way God intended and that we are truly sorry.
- Thanksgiving Add a sentence of thanksgiving for God's wonderful gifts to us.
- Supplication Pray for those who are ill, lonely, or caught in unjust situations. Be specific.



Five-Finger Prayer

- Thumb** - Pray for those closest to me.
- Pointing finger** - Pray for those who guide us: teachers, doctors, clergy, counselors, social workers, mentors.
- Middle finger (tallest one)** - Pray for those who stand tall: government, civic, and business leaders, police and firefighters.
- Ring finger (your weakest finger)** - Pray for those who are weak: the poor, sick, infirm, infants, homeless, and the powerless.
- Pinkie (the smallest, the least)** - Pray for me and my needs.