

Review the Four Parts of the Catechism:

1. The Creed
 - a. The Apostles' Creed
 - b. The Nicene Creed
2. Sacraments
 - a. Initiation (Baptism, Eucharist, Confirmation)
 - b. Service (Matrimony, Holy Orders)
 - c. Healing (Reconciliation, Anointing of the Sick)
3. Life in Christ
 - a. Ten Commandments
 - i. Love of God (First Three)
 - ii. Love of Neighbor (Last Seven)
4. Prayer
 - a. The Lord's Prayer (Our Father...)
 - i. First three petitions (glory of God, sanctification of His name, coming of the kingdom)
 - ii. Remaining four petitions (our wants to God)

Prayer

- As Christians we are called to unite ourselves with Christ. The two principle means of uniting ourselves with Christ are the sacraments and prayer.
- Prayer is the lifting of our minds and hearts to God. Jesus taught about the necessity of prayer.
- The five steps to prayer are:
 1. Preparation
 2. Humility
 3. Faith
 4. Resignation
 5. Perseverance

Forms of Prayer

- The two forms of prayer are mental and vocal prayer. Mental prayer is that which is said interiorly. During such prayer, we unite our

hearts with God and meditate upon his truths.

Vocal prayer is prayer spoken aloud, either alone or with others.

- Formal prayers are those which follow a set pattern.
Informal prayers are those we pray and with our own words.

Reasons for Prayer

- Prayers may be said for four reasons:
 1. Adoration
 2. Thanksgiving
 3. Contrition
 4. Petition
- Adoration acknowledges God's greatness.
Thanksgiving recognizes God's gifts.
Contrition recognizes our failings before God and asks for his forgiveness.
Petition is when we ask for God's blessings for ourselves or others.

Formal Prayer

- The liturgy is the Church's public worship.
The most important prayers, namely the Mass and the Liturgy of the Hours, are part of the Church's liturgy.
- The Mass is the supreme act of worship, as it is the offering of Christ to the Father.
The Liturgy of the Hours is the prayer of the Church said throughout the day to sanctify it.
Other formal prayers include the Our Father and the Rosary.

The Lord's Prayer "Our Father!"

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.

The Seven Petitions

- The first series of petitions carries us toward him, for his own sake:
 1. *Thy name...*
 2. *Thy kingdom...*
 3. *Thy will...*
- The second series of petitions unfolds with the same movement as certain Eucharistic epiclesis: as an offering up of our expectations, that draws down upon itself the eyes of the Father of mercies. They go up from us and concern us from this very moment, in our present world:
 4. Give *us*...
 5. Forgive *us*...
 6. Lead *us* not...
 7. Deliver *us*...

Doxology (For the kingdom, the power, and the glory are yours, now and forever)

- In the *Didache*, we find, “For yours are the power and the glory for ever.”
- “Then, after the prayer is over you say ‘Amen,’ which means ‘So be it,’ thus ratifying with our ‘Amen’ what is contained in the prayer that God has taught us.” (St. Cyril of Jerusalem)