

There are **5** basic ways in which we pray.

While in adoration, it is good to practice each of these types of prayer to some degree, if possible.

1. Adoration When we adore Jesus, we worship Him out of love. Praise Him for being God and being here with you. He created you, He died for you, & He remains here in the Eucharist waiting for you. Acknowledge these things in praise!

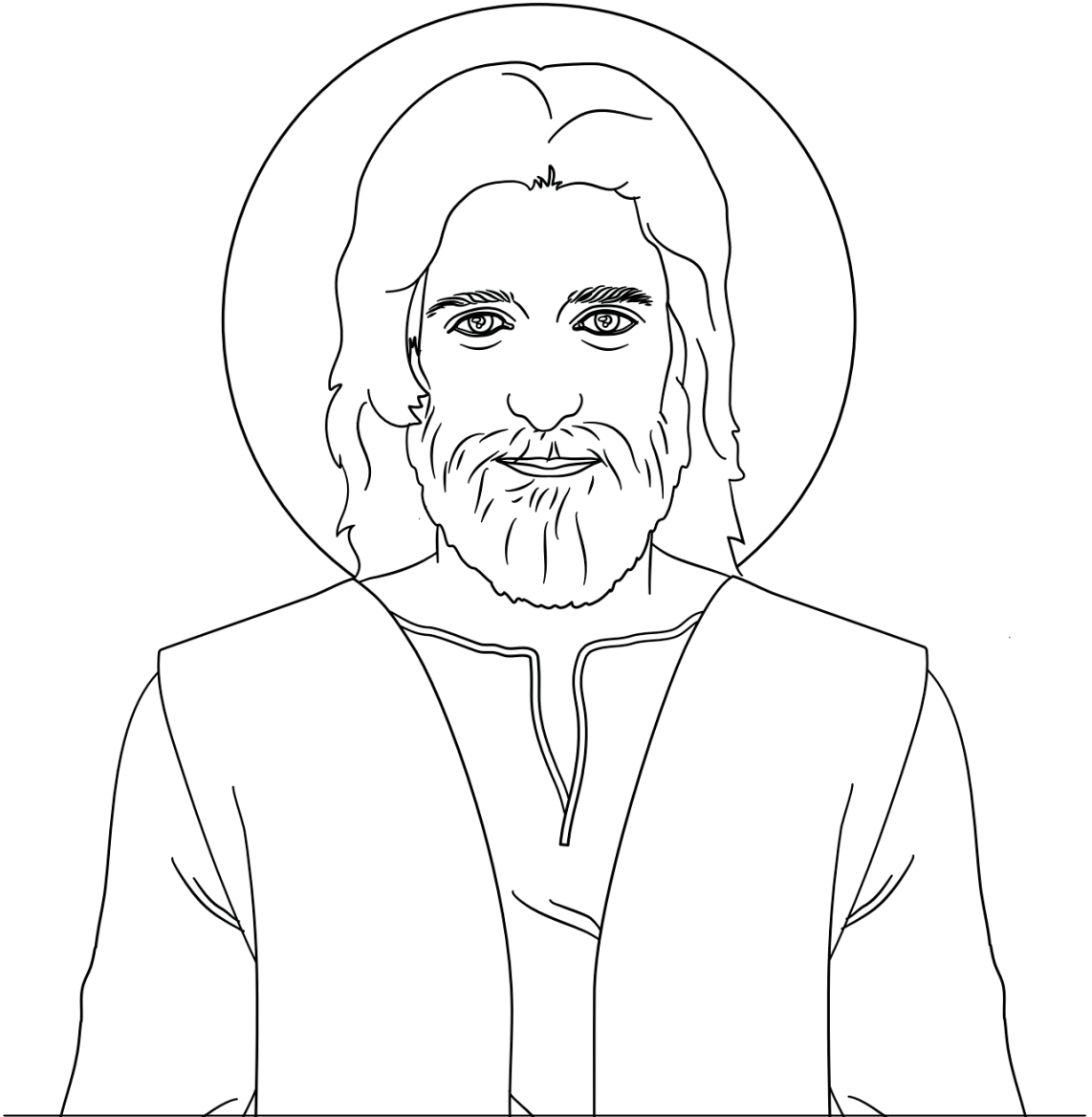
2. Contrition We are sinners and we need to ask Jesus for forgiveness. Spend some time thinking about the ways you have given in to temptation, and ask Jesus to help you start again.

3. Meditation Meditation is slow, thoughtful prayer where we spend time listening to God's Holy Word. Pick a few verses from the Bible and read them slowly. Then read them again and again. Ask God to reveal to you what He wants you to hear in these verses.

4. Thanksgiving Everything you are and everything you have is a gift from God. Say thank you! List the specific things that you are thankful for today.

5. Petition Boldly ask God for what you need as well as what others need. When you ask, however, make sure that you believe with all your heart that God can do these things, but that He ultimately knows what is best for you and for others.

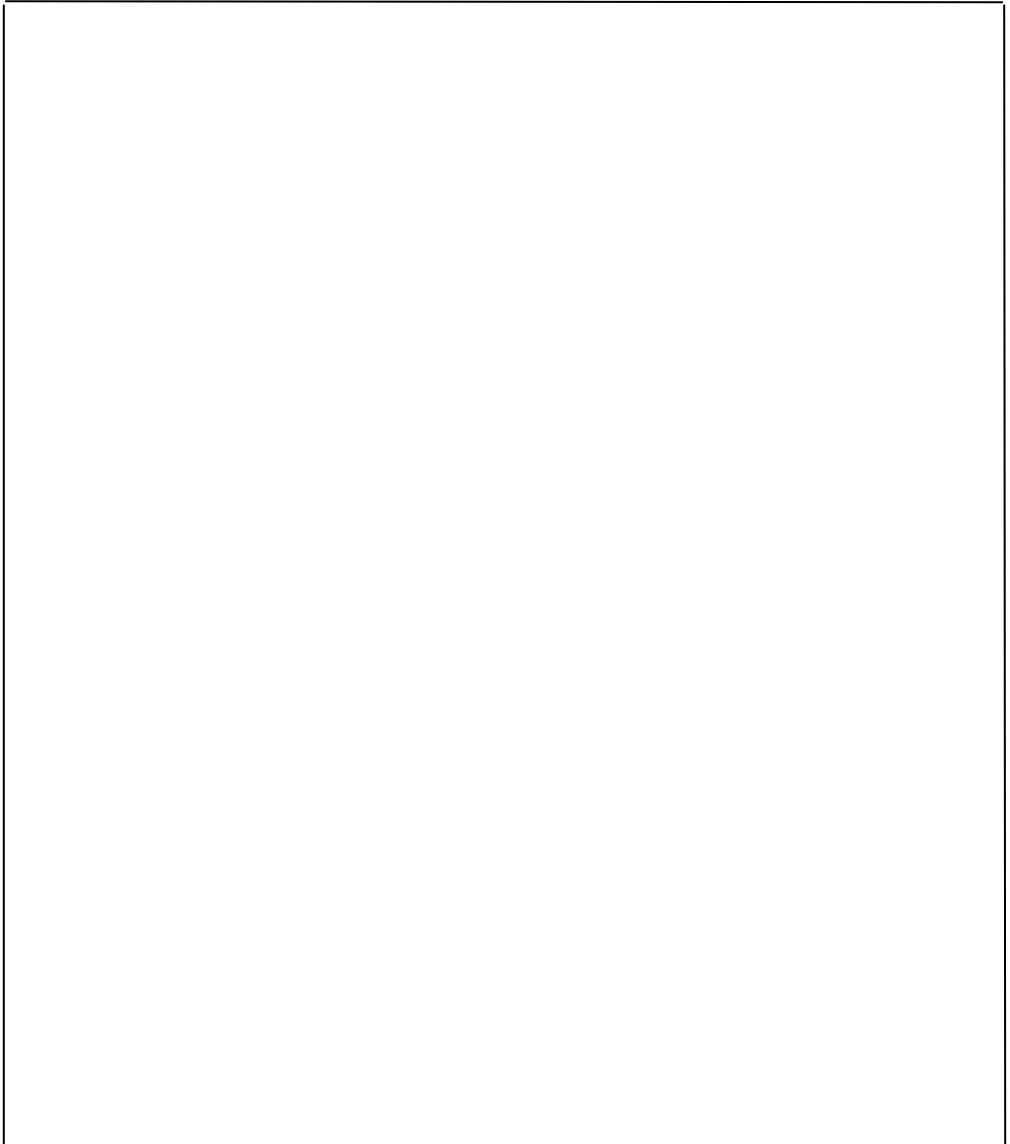
Jesus Christ



"I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." (John 6:35)

Jesus Christ is the Bread of Life, truly present in the Eucharist.

Do I believe that? If I am struggling with doubts, I need to tell Jesus. *Spend a few minutes looking directly at Jesus in the monstrance. Say His name over and over while gazing at Him, and pray for an increase in belief.*



Mother Mary



""Behold, I am the handmaid of the Lord; let it be to me according to your word."" (Luke 1:38)

**Mary said 'yes' to God's plan,
even though it was hard.**

What is something God is asking of me? Will I say yes?.

A large, empty rectangular box with a thin black border, occupying the lower two-thirds of the page. It is intended for a person to write their response to the question posed above it.