

# The Practice of Prayer



**A Six-Part Discussion on Prayer – Facilitated by  
Tom Cooper & Neil Coghill**

**Week Three – Principal Kinds of Prayer –  
Conversation and Sharing**

. Q and A on Prayer and Worship from the  
Catechism.

*Albrecht Durer – The Praying Hands*

## From the Outline of the Faith commonly called the Catechism

### Prayer and Worship

**Q. What is prayer?**

A. Prayer is responding to God, by thought and by deeds,  
with or without words.

What do you think?

**Q. What is Christian Prayer?**

A. Christian prayer is response to God the Father, through  
Jesus Christ, in the power of the Holy Spirit.

Do you have your own notion of Christian prayer?

**Q. What prayer did Christ teach us?**

A. Our Lord gave us the example of prayer known as the Lord's Prayer. See page [364](#).

What makes the “Lord’s Prayer” an ideal prayer?

**Q. What are the principal kinds of prayer?**

A. The principal kinds of prayer are adoration, praise, thanksgiving, penitence, oblation, intercession, and petition.

Have you used any of these forms of prayer?

**Also for discussion:**

- Traditions of Christian Meditation and Contemplation and Christian Mysticism).
- Public, corporate, private, and personal prayer.  
Sharing personal stories.