

September 17, 2025

Prayer: the lifting up of the mind and heart to God. It is communication with God (listening and talking to God).

Kinds of Prayer:

1. vocal
2. mental
3. Liturgical: the official public worship of the Church
 - Mass
 - Sacrament
 - Liturgy of the Hours

Purposes of Prayer

1. Thanksgiving
2. Praise/Adoration
3. Contrition (forgiveness)
4. Petition (asking)

Here is some more information on some of these topics. (Longer version of notes!):

<https://docs.google.com/document/d/1U5xTf8q2celyelun6p8HyXtnT1ksPgiPBszbwXr-r2Q/edit?usp=sharing>

September 22, 2025

Worship: The adoration and honor given to God, especially in public prayer.

Ways we worship God:

1. through prayer
2. through service
3. through sacrifice

Our most important form of worship as Catholics is celebrating the Eucharist.
(The Mass)

Alleluia = "Praise God" (from "hallel yah" in Hebrew)