



Our Lady of Sorrows Parish



Lord, teach us to pray
Luke 11:1

The Five Types of Prayer

Adoration

Petition

Intercession

Thanksgiving

Praise

Focus on Adoration

Blessing & Adoration

Jesus, Son of the glorious Virgin Mary and only Son of the living God, I adore You and acknowledge You as my God, the one true God, one and infinitely perfect.

You, in union with the Father and the Holy Spirit, have made out of nothing all things that are outside of You. You preserve and govern them with infinite wisdom, sovereign goodness, and supreme power.

Pour forth abundantly upon me Your Holy Spirit together with His grace, virtues and gifts.

Make me believe in You, hope in You, love You, and labour to merit the possession of You through each of my actions.

Amen