



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 Praise

Praise prayers are expressions of joy, admiration and thanksgiving to honour God, recognizing His greatness and goodness.

*"I will praise you, Lord,
with all my heart."*

Psalm 9:1

Prayer of Praise

Heavenly Father,
We praise you for your glory
and goodness. You are the
source of life, the maker of
heaven and earth, and the
giver of every good gift.

Lord Jesus,
We praise you for your
saving love. You shared in our
humanity, died to conquer
sin, and rose again to bring
us new life. You remain with
us in the Eucharist.

Holy Spirit,
We praise you, Spirit of truth
and love. You dwell within
us, guide us in holiness,
and strengthen us to live as
disciples of Jesus.

Most Holy Trinity,
May our lives be a hymn
of praise to your name,
now and forever.

Amen