

My child,

I'm writing to tell you that I've been watching you a lot lately.

I was there when you woke up the other morning. I know it was difficult to get out of bed....you looked really tired, and you've been working so hard lately. I wanted to talk, but you were in a hurry.

I was there when you were driving to school too. It seemed like a perfect time for the two of us to have a conversation, but the radio was so loud.....I guess you couldn't hear me.

I was there when your friend hurt you, too. I was standing there with my arms wide open, ready to give you a hug, but you didn't come to Me.

I was there when you sat down to eat, too. I was hoping we could talk before you ate, but you dove right in, that food looked really good. I guess you were too hungry to talk to me.

I was sitting next to you on the couch that night too. It didn't seem like there was much on TV, but you kept flipping through the channels anyway. I was hoping you'd turn it off, so we could catch up.....but when you finished, you just did some work and went straight to bed.

FINALLY, I thought, some good alone time.....just you and me. I had so much to tell you and share with you, and I was so excited for you to talk to me. I waited and waited....but you fell asleep. So I sent my angels to watch over you and protect you until morning.

I'll be there again tomorrow. I'll try to get your attention. I'd love to talk to you. I miss you.

All you have to do is call My name.....I'm closer than you know.

I love you,  
Jesus

## Types of prayers and how to pray them:

- Adoration (Praise and/or Worship) – expressing your love of God the father, God the Son, and God the Holy Spirit
  - Remind yourself of the pure awesomeness of God. Think of biblical stories where God did something that shows his power and love, and tell Him how you feel about it.
  - Example
    - Lord’s Prayer: “Our Father who art in heaven, hallowed be thy name...”  
In other words, “Creator of all Mankind, who dwells in the most magnificent ‘place’ in the world, you name is holy and above all others...”
- Petition (Supplication or Request) – The easiest one for most people: asking God to grant blessings on yourself or another person in the form of help, objects, etc.
  - Think of the top ten things you or others need in your daily life.
  - Focus on things like a successful surgery for your grandmother’s failing kidney, a friend for that one kid in school who has none, help for yourself or another person in a difficult relationship, a job for your parent who just lost one, etc.
  - Don’t ask for “sideline” things like a new computer, the latest game, or for your favorite sports team to win the tournament they’re competing in this week. While it is o.k. to express your desire for these objects, they are not necessary to the spiritual, physical, or mental health of yourself or others.
  - Once you have your ten requests (or more or less, depending on your needs), express them to God the way you would tell a trusted friend, and ask him to help you by granting those requests he feels are needed. Don’t tell god how you want a situation to turn out in specific terms, like “God, please introduce my uncle John to his future wife by the end of this year, and make their relationship painless and spontaneous.” Remember that we may never know what God will do about our requests, and he may resolve a situation in a way that utterly surprises us.
  - Example
    - Lord’s Prayer: “...Thy kingdom come, thy will be done, on earth as it is in Heaven. Give us this day our Daily Bread...” which means, “Lord, fill the Earth with the holiness and love of you that is present in your eternal kingdom of Heaven. Fill us daily with your love and tenderness, that we may show it to others and further glorify your name”
    - “...Lead us not into temptation, but deliver us from evil. ...” means “Help us to remove evil thoughts and actions from our lives and protect us from the Devil’s traps.”
- Expiation (Forgiveness) – confessing your sins to God and asking for forgiveness (does not remove the need for Confession with a priest)
  - Try to remember the major times you have hurt God or others with your actions or words. Think about the effect you had on the other person in each situation. Try to understand why society or religious teachings say that your actions were wrong (what reasons are there for the rules or teachings against this). Ask God for forgiveness and resolve to not commit that type of sin again.
  - Example

- Lord's Prayer: "...and forgive us our trespasses, as we forgive those who trespass against us." Means "please forgive our sins against you and others, as we have forgiven the sins of others against us"
- Thanksgiving – after God grants your petition or gives you an un-asked-for blessing, you should thank him for it
  - List the top ten needs that have been granted recently by God. Include things you may not have prayed for, like a good score on a test you didn't study for or a new friend who just transferred into your class who can help you study.
  - Don't worry if you have more than ten things to thank God for, He places many blessings in our life. If you have less than ten items, you may be thinking too narrowly about what blessing God may have given you.
  - Express to God in whatever way you deem appropriate that you acknowledge the blessings he has given you and your gratefulness for those blessings.
  - Example
    - Grace Before Meals: "Bless us O Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ our Lord, Amen." which means, "Lord, bless your children and the food you have provided for us through your holy Son, our Lord Jesus Christ. We thank you for the infinite blessing of your bounty."