

Help for Parents — Teaching the Sign of the Cross.

http://www.catechist.com/archive/articles_view.php?article_id=2417

Help for Parents — The Guardian Angel Prayer On Line

<http://www.ewtn.com/devotionals/prayers/angel2.htm>

Help for Parents — Info and Background on Prayers Children Should Know

http://catholicism.about.com/od/prayers/tp/children_prayer.htm

Help for Parents — RCL BENZINGER Site for Catholic Prayer for Children

<http://www.blestarewe.com/cprayerslearn.html>

Help for Parents — Feast of the Guardian Angels — October 2nd

<http://www.americancatholic.org/Features/Saints/saint.aspx?id=1156>

Help for Parents — Catholic Site with Products, Video Previews, Coloring Pages for younger children

<http://www.brotherfrancisonline.com>

Help for Parents — Catholic Place for Kids sponsored by the Daughters of St. Paul

<http://www.jclubcatholic.org>

Remembering the 4 Kinds of Prayer

The common teaching of the Catholic Church is that there are four kinds of prayer:

Remember **ACTS**.

Adoration is I love You.

It is the highest form of prayer because we are to love God purely to reciprocate His love for us, and because He is perfect. This is *agape* love. (We do not love Him because we hope to get something from Him.)

Contrition is I'm sorry.

We acknowledge before God that we are sinners. Reflect on Lk 18:9 "He also told this parable to some who trusted in themselves that they were righteous and despised others: 'Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, 'God, I thank thee that I am not like other men, extortionists, unjust, adulterers, or even like this tax collector. I fast twice a week, I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' I tell you, this man went down to his house justified rather than the other; for every one who exalts himself will be humbled, but he who humbles himself will be exalted.'" Contrition is the second highest form of prayer because we must be humble and contrite before we can be open to improvement.

Thanksgiving is I thank you.

God expects this of us. It is a necessary part of our healing. Lk 17:11 "On the way to Jerusalem he was passing along between Samaria and Galilee. And as he entered a village, he was met by ten lepers, who stood at a distance and lifted up their voices and said, 'Jesus, Master, have mercy on us.' When he saw them he said to them, 'Go and show yourselves to the priests.' And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus' feet, giving him thanks. Now he was a Samaritan. Then said Jesus, 'Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?' And he said to him, 'Rise and go your way; your faith has made you well.'" We can thank God for *everything*, the Church, our lives, our incomes, our family, our home, our car, our comforts of every kind, and our discomforts that give us spiritual strength.

Supplication (Petition) is I'd appreciate a little help.

God always answers our prayers. But He answers them by giving us what we really need, not what we think we want. If we want an ice cream sundae, sometimes he gives us fresh vegetables because they will be better for us in the long run.