

"Pray without ceasing." 1Thessalonians 5:17

The Pastoral Care Committee is currently redoing the Holy Spirit Prayer Chain and we invite you to be part of the Team!

As Catholic Christians, we are called to follow Christ's example and to pray always (and all ways). We generally acknowledge five "types" of prayer: **Adoration** (worship) – we praise the greatness of God and acknowledge our dependence on God in and for all things. **Expiation** (contrition) – we acknowledge our sinfulness and ask God to forgive us and to have mercy on us. **Love** (charity) – we let God know that we love him. **Thanksgiving** – we acknowledge our gratefulness for all of the blessings in our lives and the lives of others. **Petition** – we come to our loving God with our needs and the needs of others. In all of our prayers, we need to acknowledge our openness to accepting God's will over our own.

Some have said that they are not worthy to have God hear and answer their prayers. But, we are told in Phillipians 4:6, "**Have no anxiety about anything**, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Others have said that they really don't know how to pray. In Romans 8:26, we read, "Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, **but the Spirit himself intercedes for us with sighs too deep for words.**"

Still others have questions whether God really hears and answers our prayers. In 1 John 5:14-15, we are told, "And we have this confidence in him, that if we ask any thing according to his will, he hears us. And if we know that he hear us, in regard to whatever we ask, we know that what we have asked him for is ours. "

Following the words in James 5:13-14, "Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. Is any among you sick? Let him call for the elders of the church, and let them pray over him...."

Can you pray for those in need? Will you pray for those in need? The Pastoral Care Committee invites you to be part of the **Holy Spirit Prayer Team**. And, we have developed some convenient ways for us all to pray for those in need.

Use the form below to let us know how you want to be involved.

