

Meditation 4

LUKE 10:21

“I praise you, Father, Lord of heaven and earth.”

Forms of Prayer

The Catechism of the Catholic Church tells us that there are five forms, or practices, of prayer (CCC Part 4, Article 3). The first practice of prayer is one that blesses God for His goodness to us, along with prayers of adoration, where we adore or worship God as our Creator; secondly, there are prayers of petition where we seek God’s forgiveness and turn to Him in our need; thirdly, there are prayers of intercession where we pray on behalf of others’ needs; fourthly, there are prayers of thanksgiving, and the fifth one is the prayer of praise. Jesus practiced each of these forms of prayer. He is our model for praying. In this meditation, the last form – the prayer of praise – is the one Jesus prayed in the following Gospel passage.

Luke 10:21

“At that time Jesus, full of joy through the Holy Spirit, said, ‘I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this was your good pleasure.’”

