

Contents

Introduction	1
1. Prayer: Connecting to God	3
2. Five Forms of Prayer	7
3. Varieties of Prayers	11
4. Jesus, Teacher of Prayer	16
5. Setting the Stage for Prayer	20
6. Times to Pray	25
7. Challenges to Prayer	30
8. Liturgical Prayer	36
9. Scriptural Prayer	46
10. More Prayer Styles	51
11. Catholic Devotions	62
12. Catholic Prayers	79
Catholic Prayer Words	107