LIBBY: Hail Mary, full of grace, help us find a parking space.

KAI: Bless us, O Lord, and these thy gifts …

LIBBY: This is a new car. There's no eating in here. Dear Lord, please help Kai respect the upholstery.

KAI: God, please help Libby use prayer to connect with You instead of just being passive aggressive.

KAI: Look out!

CATHOLIC CENTRAL OPENING TITLES

LIBBY: Hi, I'm Libby.

KAI: And I'm Kai. Welcome to Catholic Central. Today, we'll be talking prayer. For Catholics, God is not just a life force or some detached spirit in the sky. He's someone who loves us and wants us to know Him and feel His love.

LIBBY: So what does it take to have a relationship with someone?

KAI: Sonnets, lots of sonnets.

LIBBY: Maybe I should've asked, “How do you maintain a relationship with someone?”

THERAPIST KAI: Communication.

LIBBY: Right. Prayer is speaking God's love language. And how should we do that?

KAI: There are five main categories that Christian tradition has given us for prayer. Let's start with the one most of us are used to, asking for things.

LIBBY: Also known as Petition.

KAI: This is telling God our desires and asking Him to meet our needs.

LIBBY: Simple enough, until our prayers don't seem to get answered.

KAI: Yeah, even good prayers like asking for an end to war or to win at Trivial Pursuit. Why is that?

LIBBY: Well, the honest answer, we don't always know. But, Scripture tells us God loves us and has good plans for us, even if we can't see what they are.

KAI: We have to trust that God knows our needs better than we do, and He wants what's best for us. And sometimes that means going through trials that eventually draw us closer to God and help us to be better people.

LIBBY: That's why Jesus taught us to pray that God's will, not ours, be done.

KAI: Another question you might be asking is, “If God is all-knowing, then He must already know what we need. So why bother praying at all?”

LIBBY: Well Kai, do you need to tell your mom you love her in order for her to know?

KAI: Of course not. But that doesn't stop me from calling her every night to tell her.

LIBBY: Next we have Thanksgiving, which, unbelievably, you can do more than once a year.

KAI: Thanksgiving is simply thanking God for all the blessings He's given us.

LIBBY: But it also has benefits for us, too.

KAI: Studies have shown that gratitude makes people happier and more satisfied by helping us appreciate what we have rather than what we don't.

LIBBY: Next is Intercession. That's praying for other people, that God will bless them and help them with whatever they're going through.

KAI: It's a great way to care for other people and to try to love your enemies like Jesus asked us to. The other two categories of prayer are Worship and Praise.

LIBBY: Worship is offering ourselves back to God in the way He asks.

KAI: We can worship by getting quiet in God's presence and basking in His goodness. The main way we worship is through the Mass.

LIBBY: We also do it by living our lives in a way that pleases God, honoring Him and serving others.

KAI: This leads us to Praise. Praise is acknowledging God for who He is, apart from anything He can do for us.

LIBBY: One example is singing praise songs like the Gloria during Mass, or any song at Mass where people are swaying and with their hands up.

JAZZ SINGER LIBBY:

You have given them rule of the works of Your hands.

THERAPIST KAI: This all sounds like a great start. But, you can't have good communication if you're the one doing all the talking.

KAI: Right. Prayer is also listening. What is God saying to us through the Scriptures and in the quiet of our hearts?

LIBBY: As St. Augustine put it, "Whether we realize it or not, prayer is the encounter of God's thirst and ours."

KAI: If you're still feeling nervous about prayer, don't worry. According to the Bible, the Holy Spirit helps us pray. We never do it alone. If you need more concrete ideas, check out our Catholic Central episodes on Ignatian Prayer, Lectio Divina, the Psalms, the Rosary and more.

LIBBY: But don't be afraid to go beyond those and find what works for you. Prayer is a menu, not a prescription.

KAI: And it's kind of like music, it might not seem very practical at first.

LIBBY: You can't see it, touch it, eat it or wear it, but it has the power to connect you with something bigger and more beautiful than you could ever imagine.

KAI: It's a song between you and God.

LIBBY: A love song.

LIBBY: And to that we say, Amen.

KAI: That's it for us today. I'm Kai.

LIBBY: And I'm Libby.

KAI: Tell us how you pray in the comments below.

LIBBY: For more videos like this, subscribe to us on YouTube or at CatholicCentral.com, and follow us on social media.

KAI: Thanks for watching Catholic Central.]

CATHOLIC CENTRAL CLOSING CREDITS

KAI: We go where you go with CatholicCentral.com.

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