

Understanding the Mass Prayer Partners

Each week, we are explaining the different parts of the Mass - what is in the church, what we use in the Mass, and why (and how) we celebrate Mass the way we do.

*Today our topic is **Prayer Partners**.*

Last week, our topic was the **welcome message**. There are several parts to this message, and one is so important we are exploring it just on its own. After the first part of the welcome - which you will remember can change each week - you will hear these words:

“Traditionally, we have a local custom here called prayer partners. In a moment, I will invite you to choose a prayer partner. Throughout this Mass we invite you to pray for God to fill them with love. I invite you now to turn to someone near to you and just exchange your name. This will be a sign that you will be praying for them.”



The idea of praying for other people goes back to the earliest days of the Christian faith.

Jesus told us to “love your enemies” and to “pray for those who hurt you”. And in his Letter to the Ephesians, Saint Paul wrote: “Keep alert with all perseverance, making supplication (prayer) for all the saints, and also for me.”

This kind of prayer is known as **intercessory prayer**: the act of praying to God on behalf of another person. People may have asked you to pray for them before - your family, a friend, or your parish priest. Pope Francis asks for our prayers often. You can even pray for people if they haven’t asked you to, like those who have died, saying a prayer like this:

Dear Jesus, You asked us to love and pray for everyone, even those who are unkind to us. Help me to love everyone as You did. Please watch over [the name of the person you are praying for here]. Bless them and hold them always in the palm of Your hand. Amen.

What is the name of your prayer partner today? _____

Who else can you pray for at Mass today? _____