



Thanks and Praise: Prayer

Before You Begin

- Print the Chapter 10 BLM: My Prayer Log found at the end of this document.
- Have a Bible available during the session for reference.
- Download and print the Chapter 9 Prayer Service: Lord, Teach Us to Pray.

Engage: Page 73

- ◆ Read aloud the chapter title and the opening questions on page 73. Invite your child to share his or her responses. Then say: **We need people in our lives that we can share with and depend on. These people give us comfort and support, especially in difficult moments. We also need God in our life. Learning ways to communicate with God helps us deepen our relationship and grow closer to him.**
- ◆ Read aloud the Scripture verse at the bottom of the page. Say: **Jesus' ministry led him to encounter many people. He asked questions, he told stories, and he shared with people about his Father. Jesus also taught his disciples to pray.**
- ◆ Pray together the Lord's Prayer. The Lord's Prayer can be found on page 90.

Explore: Pages 74–79

- ◆ Have your child complete the My Turn activity on page 74. Then read aloud the section *A Connection with God* at the top of the page. Say: **Saint Ignatius of Loyola taught that conversation with God should resemble the way that one friend speaks with another. God knows you and understands. Prayer is a conversation between God and us, just as true friends talk with one another.**
- ◆ Take turns reading the section *Types of Prayer* on pages 74–75. Distribute the Chapter 10 BLM: My Prayer Log. Invite your child to become more in tune with his or her prayer habits by using the prayer log. Ask: **Which type of prayer do you think you pray most often? Why?** Have your child share his or thoughts. Share with your child your prayer habits.
- ◆ Take turns reading aloud the section titled *Why We Pray* on page 75. Say: **We must take care not to think of God as a vending machine where we punch in a prayer request and receive our selected answer. When we pray, we are seeking the grace to accept God's will. We are strengthening our faith and asking God for direction in our lives.** Have your child complete the My Turn activity on page 76.
- ◆ Read aloud the first paragraph of *Ways to Pray* on page 75. Then ask your child to read aloud all three paragraphs of *Vocal Prayer* on pages 75–76. Say: **We learn the traditional prayers of the Church and are taught to pray by talking to God to express thanks and praise as well as to present our needs and wants.** Take time to review with your child the traditional prayers and devotions on pages 90–93.
- ◆ Read aloud the first paragraph in the section *Meditation* on page 76. Say: **Meditation is reflecting on God's Word with the help of the Holy Spirit. It involves taking time to pay attention to God just as we would pay attention to someone we care very much about.**

- ◆ Have your child read about the various examples of meditative prayer on pages 76–77. Review with your child how to pray the Rosary and the Stations of the Cross by looking at pages 94–98.
- ◆ Guide your child in praying the daily examen on page 77. Invite your child to find a comfortable position and quiet his or her mind. Then slowly read aloud each step for reviewing your day. Pause after each step to give your child time to reflect. When you are finished, ask: **How did this exercise make you feel? How might this help you listen to and communicate better with God?**
- ◆ Read aloud the sections *Contemplation* and *Regular Prayer* on page 77. Say: **Some of us may be more drawn to vocal prayer while others find comfort with meditation or contemplation. No matter which type of prayer we choose, the most important thing to remember is that our goal is to grow in love and friendship with God.**
- ◆ Read aloud Luke 11:1–4. Ask young people to identify the prayer in this passage. (*Our Father, the Lord’s Prayer*) Read aloud the first two paragraphs of *Lord, Teach Us to Pray* on page 78. Say: **This prayer is an important part of our faith because Christ gave it to us.** Take turns reading aloud the sections of the Lord’s Prayer on pages 78–79 and discuss each part.
- ◆ Read aloud the section *Pray Without Ceasing* on page 79. Say: **Each time we act in a way that shows Christ to others, we are praying. Any moment we feel the joy and awe of something God created, we are praying. The key for us is to recognize the prayer in these moments.** Have your child complete the My Turn activity at the bottom of the page.

Sacred Sign: Page 77

- ◆ Read aloud the *Sacred Sign* feature on page 77. Ask your child to think of times when candles are used, such as at birthday celebrations or at vigils. Say: **Candles remind us that Jesus is the Light of the World, and the paschal candle reminds us of Jesus’ Death and Resurrection.**
- ◆ The next time you attend Mass, ask your child to identify the paschal candle. Spend time observing how candles are used during the liturgy.

Rite: Page 78

- ◆ Read aloud the *Rite* feature on page 78 and ask your child to think of other times when kneeling is an appropriate gesture.
- ◆ Say: **At Mass, we kneel before Jesus Christ, our Lord and King, who forgives our sin and is truly present to us in the Eucharist we receive.**

Witness: Page 79

- ◆ Read aloud the *Witness* feature on page 79. Say: **Saint Thérèse is an example to us that we do not need to do great and glorious things in order to be close to God. God worked through her to let others know the holiness and sacredness of simple, loving acts.**
- ◆ Explain that a novena is a special prayer that is said on nine consecutive days. One of the most popular novenas is known as the Little Flower Novena. Provide your child with a copy and invite your him or her to pray it. At the end of the nine days, invite your child to discuss his or her experience.

Reflect: Chapter 10 Prayer Service BLM

- ◆ Have your child reflect on what he or she has learned about prayer. Say: **One of the most important qualities of any loving relationship is communication. Prayer is the way in which we come to know God. It is a conversation. We speak, but we must also listen. As we develop our prayer life, we find a new awareness for the opportunities God has for us, and we are better able to make the right choices about who and what we are to be.**
- ◆ Proceed to your family's prayer space. A prayer space can be a simple table on which you place a Bible, crucifix, statue, icon, or another religious icon. Invite your child to assist you in creating this sacred space.
- ◆ Distribute copies of the Chapter 10 Prayer Service: Lord, Teach Us to Pray. Choose who will read the part for Leader. You and your child will both read the parts labeled "All." Lead by example, participating actively and with reverence.
- ◆ Pray together the prayer service, following your assigned roles. Adapt it to your circumstances if needed. Observe the periods of silence and keep a prayerful pace. Allow time in between sections for reflection.
- ◆ Pause for a moment of silence before concluding. Offer end-of-the-year "closure" suggestions that encourage your child to continue to keep in touch with God through prayer.

Respond: Page 80

- ◆ Review with your child the *Faith Summary* on page 80. Ask him or her to explain each sentence in his or own words and revisit concepts as necessary.
- ◆ Have your child read the *Remember* section silently and be sure he or she understands the main points of the chapter.
- ◆ Ask your child to choose one *Reach Out* item and follow the directions. Check in with your child and ask him or her to reflect privately on the outcomes.
- ◆ Read aloud the *Words to Know* and ask your child to use the words in sentences. Consult the Glossary at the back of the book and at www.loyolapress.com/calledtobecatholic if more clarification is needed.
- ◆ Invite your child to think about the *Reflect* scenario and write a response on the lines provided. If your child is comfortable doing so, encourage him or her to share the response with you.
- ◆ Pray together the closing prayer. Conclude by praying together the Sign of the Cross. Invite your child to pray this week whenever he or she feels the need for help or guidance.
- ◆ Spend a few moments reviewing and reflecting on all your child has learned and accomplished. Say: **As we grow in knowledge of the faith, we strengthen our relationship with God.**

Name _____

Date _____

My Prayer Log

We pray in many ways, at many times, and in many places. Sometimes we are aware of our prayers, and sometimes they are more spontaneous. As we grow in faith, it is helpful to nurture our prayer habits so we can develop them more fully and grow more deeply in our relationship with God.



Keeping Track

Directions: Over the next several days, be aware of times you pray and the kinds of prayers you are praying. Use the prayer log below to keep track by making a tally mark in the appropriate section for each type of prayer. After two or three days of recording, answer the reflection questions.

Adoration: _____ Petition: _____

Intercession: _____ Thanksgiving: _____

Praise: _____

1. What type of prayer did you pray most often? _____

2. Why do you think this is so? _____

3. What is one type of prayer you would like to begin praying more regularly? _____

4. What steps can you take to make this happen? _____
