

# Ways to Pray

## Preparation for the Session

**Turn to Page 217,**  
the Family + Faith page.  
*Vivos en Cristo*, Page 435

In this chapter you will cover the following objectives:

- Recall Jesus' instruction to us to pray the Lord's Prayer, which we also call the Our Father
- Identify the five basic forms of prayer: blessing, petition, intercession, thanksgiving, and praise
- Understand that prayer is important to deepen our friendship with God
- Discover that sacramentals are blessings, objects, and actions that remind us of God and are made sacred through the prayers of the Church

**Read** the **Consider This** feature. What thoughts or reactions do you have to the opening question?

**Parents, Consider This:** *When you are deeply in love with someone, there isn't enough time in the day to be with them. You count the seconds until you will see them again. Do you remember those days? Love yearns for presence. That is the reason we pray. When we know God's love for us, when we love God, we yearn to be in his presence. If we do not feel that yearning, it may be a sign that we have become overwhelmed by the distractions in our lives. Commit your family to a prayerful life. Morning prayer, evening prayer, and grace before meals are times when we need to, and should, open our hearts to God's loving presence.*

**Read** these other sections on the Family + Faith Page.

- *Your Child Learned.* This highlights some of the content of Sacred Scripture and Tradition in the lesson.
- *Children At This Age.* This will help you to understand how your child processes and learns at this developmental level.



**Let's Sing:** This song connects the session topics and can be downloaded from [aliveinchrist.osv.com](http://aliveinchrist.osv.com).

- Open My Eyes

## INVITE: Encountering God in His Word

After gathering the supplies that you will need, find a quiet place to be with your child. This is a sacred time—a time when you will be present to each other and to the Lord. You may want to light a candle as you begin.



**Let Us Pray** Invite your child to make the Sign of the Cross. Read aloud the Psalm verse from the book. Help your child to respond.

**Explain** that Jesus teaches us how to pray.

**Say:** Let's listen to how Jesus taught his disciples the Lord's Prayer.

**Turn to Page 209,**  
Ways to Pray  
*Vivos en Cristo*, Page 419



**Guide** your child through the Preparing for God’s Word Ritual you learned in the Introduction Session or play Track 1 of the *Songs of Scripture* CD.

- Proclaim God’s Word in the Parchment Paper box on the page.
- Maintain several moments of silence.
- Ask: What did you hear God say to you today?

**Invite** your child to respond and also share what you heard.

Now, look at the *What Do You Wonder?* box.

**Say:** Jesus’ taught his disciples and us how to pray.

**Invite** your child to respond to the questions. Ask what else he/she might wonder about prayer.

### DISCOVER: Learning God’s Truth

**Turn to Page 210,**  
Talking with God  
*Vivos en Cristo*, Page 421

**Read** aloud the introductory paragraph. Talk about times Jesus prayed to God the Father, such as at the Last Supper.

**Tell** your child he/she is going to learn how Jesus taught his followers to pray.



**Proclaim** the Scripture story.

**Ask** your child if he/she recognizes the words Jesus asked his followers to pray.



**Complete** the gold-star activity.

**Direct** your child’s attention to the image on the page. Read the caption aloud. Ask her/him what Jesus might be praying about.

**Read** aloud the last paragraph. When you get to the highlighted word, **Lord’s Prayer**, ask your child to read its definition in the Catholic Faith Word Box.

**Turn to Page 211,**  
The Lord’s Prayer  
*Vivos en Cristo*, Page 423

**Explain** that the Lord’s Prayer is sometimes referred to as the “Our Father.”

**Have** your child read the first column. You read the second column as an echo response.

**Discuss** any phrases your child might not understand.

## Activity

**Complete** the Share Your Faith activity. Think about when you pray the Lord's Prayer and write it down. Tell your child who taught you the Lord's prayer. Choose your favorite line from the prayer and tell your child why it has special meaning for you.

**Turn to Page 212,**  
Types of Prayer  
*Vivos en Cristo*, Page 425

**Read** the paragraph.

**Read** the definitions of the Catholic Faith Words, **blessing**, **petition**, **intercession**, **thanksgiving**, and **praise**. As you read, have your child circle familiar words and put question marks by unfamiliar words. Discuss anything that is unfamiliar to them.



**Complete** the gold-star activity.

**Parents, Consider This:** *When you meet a new grandparent, no matter how well you know them, it only takes seconds before they take out their phone and begin to show you images of their new grandchild. If you watch their faces as they show you those pictures, their countenance is transformed. Your child's faith journey is influenced by sacred images. Whether a painting or a statue, the images we behold begin to shape us. To help build a strong Catholic identity in your child, your home should proudly display a cross, an image of Mary or any of the Saints, a sacred palm, and perhaps some holy water. They are reminders that God is the heart of your home.*

**Turn to Page 213,**  
How to Pray  
*Vivos en Cristo*, Page 427

**Read** the first paragraph.

**Talk** about the prayers that you say at home, or look at the prayers on page 324 of the Our Catholic Tradition reference section, and choose one that you will pray at a special time of day.

**Read** the second paragraph. When you get to the highlighted word, **sacramentals**, ask your child to read its definition in the Catholic Faith Words box.

**Share** with your child some sacramentals you may own. It may be a good time to shop for a sacred image for your child's room. Take it to your parish priest and ask for a blessing. Hang or place that image in a special place in your child's room.

## LIVE: Living Our Faith

**Turn to Page 214,**  
Our Catholic Life  
*Vivos en Cristo*, Page 429

**Read** the first paragraph.

**Ask:** What are some of the ways you can pray? (your own words, memorized prayers, and words from the Bible)

**Remind** your child that there are five types of prayer.

★ **Complete** the gold-star activity. Read the column titled “Words We Can Say” first to help figure out the missing letters of the type of prayer.

**Turn to Page 215,**  
People of Faith  
Vivos en Cristo, Page 431

**Read** the paragraph about Saint Alphonsus Liguori.

- Share your reactions to the information.
- Share with each other your most favorite way to pray.

## Activity

**Have** your child complete the Live Your Faith activity.

**Turn to Page 217,**  
Family + Faith Page and  
conclude with the Let’s Pray  
prayer on this page.  
Vivos en Cristo, Page 435

**Parents, Consider This:** *It’s important to form our children in the common language of prayer. We encourage you to pray the Act of Faith, Hope, and Love (see Page 324), during your night prayer this week.*



To access and send an eAssessment to your child, go to the Student and Family section of [aliveinchrist.osv.com](http://aliveinchrist.osv.com).