

Year 1 – Session 5
Family Faith Formation
HELLO! “CAN YOU HEAR ME NOW?”
Prayer

Resource for Adults:

- Mathew Kelly’s Decision Point, Session 4. Free, videos and leaders guide at <http://dynamiccatholic.com/confirmation/view-program/session-4/>
(This program is meant for Confirmation but can be used for Adults. Engaging videos and discussion.)

Objectives for Adults:

- Teach parents/guardians how to pray.
- Demonstrate the way prayer helps us discover God’s will for our lives, and that we cannot ever truly be happy outside of God’s will.
- Encourage adults to develop a daily routine of prayer.

Objectives for Children:

- Teach children why and how to pray.
- Demonstrate the way prayer helps them to be happy and stay close to God.
- Encourage children to develop a daily routine of prayer and learn traditional Catholic prayers.

Objectives for Family:

- Teach families to pray together.
 - Supply families with prayers for everyday life
Prayer booklet--Sign of the Cross, Morning Prayer, grace at meals, night prayer as family, Guardian angel prayer, The Lord’s Prayer, Hail Mary, Glory Be
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Welcome / Introduce Theme: (5 min.) Families begin together

Today we are going to learn about prayer and how it helps us in our lives. God wants to us to be happy and if we pray (talk to him every day) it will make a difference in our lives.

Opening Prayer (10 min.)

Sign of the Cross

Scripture Reading

“Father God . . . I ask you to help each member of our family (name them) to be completely humble and gentle in our interactions with each other; and to be patient, bearing with one another’s faults in love – even when we’re tired, frustrated, angry, or hurt. Help us Father, to make every effort to remain united in the Spirit in this home. Please bind us together in peace.”

Based on Ephesians 4:2-3

Sharing

Parent(s) and children face each other and share a blessing or joyful moment in their lives over the past week. First let the child share with you and then parent shares with child.

Glory Be ...

*Children are dismissed to their session. (See children’s lesson)

Parents/Adult Presentation (30 – 40 min.)

"Prayer is the raising of one's mind and heart to God or the requesting of good things from God." CCC [2559](#)

Questions prior to video—How loud is your world? Do you ever take time in silence?

Introduce Video: Silence (4min.) from Session 4

Discussion Question—What is the one idea in this short film that you found most helpful?

Why Pray Video (4min.) from Session 4.1

Discussion Questions—after video clip

Whom do you talk to every day? Why?

Do you pray? How often? How do you feel after you pray?

Do you think you would be happier if you made time to pray each day?

The Prayer Process Video (5 min.) from Session 4.3 (Handout - 7 Steps)

Discussion Question-before video clip

Has anyone ever really taught you how to pray?

This video will outline 7 Steps to help you develop a prayer life

1. Gratitude (Thanking God)

2. Awareness - Times in last 24 hours we were good or not so good
3. Significant Moments - Through what event or person did God speak to us
4. Peace - Ask for forgiveness and true peace
5. Freedom -Speak to God about how he wants to change your life
6. Others - Pray for all those we love, know that need prayer
7. The Lord's Prayer

Praying with your children Discussion Question

The *Christian family* is the first place of education in prayer. Based on the sacrament of marriage, the family is the "domestic church" where God's children learn to pray "as the Church" and to persevere in prayer. For young children in particular, daily family prayer is the first witness of the Church's living memory as awakened patiently by the Holy Spirit. CCC [2685](#)

Do you think it is important for your child to pray? Why? How can you best model prayer for your children?

The best way for children to learn how to pray is for you to model for them. Attending Mass together on a regular basis and Holy Days. Praying as a family is of vital importance for children to learn their prayers and to learn spontaneous prayer from the heart. Your children are also learning about prayer today. In a few minutes they will invite you to their prayer room stations. Ask them to share what they did at each station.

Children Presentation (30-40 min.)

Set up 4 Stations

(Always begin with Sign of the Cross—Prayers to be said at each station)

Bedroom set up - Angel Prayer, Morning Prayer, Evening Prayer, Act of Contrition

Dinner Table - Grace Before/After Meals

Church - Apostles' Creed, Our Father

Home Prayer Place – Hail Mary, Glory Be to the Father
(Bible, Statue/Picture of Mary and/or saints)

Quiet Time place - Spontaneous Prayer

Begin: (As the adults will do) talk about noise in our lives ...TV, computers, and video games and how it can be hard to get to know how much God loves them when they don't take time for silence and prayer.

Questions and discussion with children:

What is Prayer? (Prayer is the lifting up of our minds and hearts to God. Conversation with God. Talking to God!)

Do you ever pray? When?

Why do you think it would be important for us to take time to talk with God? (Explain about getting to know a good friend and how the relationship is stronger when you spend time together.)

Did you know that the Mass is the most powerful prayer in our Catholic Faith?

Today we are going to make a prayer book and then we are going to practice those prayers together.

Next: After children make their prayer books, they will be split into 5 groups and visit each station for prayer. (*Prayer Booklets can be found in most books—We use Sadlier*)

Sharing and Action Plan – Children and Parents together (15-20 min.)

Children share with parents what they learned about prayer. Children will invite parents to the prayer room stations for them to pray together.

Parents share with children why prayer and quiet time is so important.

Action Plan – (Hand out action plan sheet to be filled in and taken home)
When will we make quite time at home?
When will we pray together at home?

Send home prayer packet for Parents to practice at home with children.

Closing Prayer and Ritual

Pope Francis Five Finger Prayer (attached)
Families will pray together using their fingers as a guide.

Pope Francis' Five Finger Prayer

Using the fingers on your hand, start with the thumb and pray these intentions in this order:

1. The thumb is closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a "Sweet Obligation."
2. The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.
3. The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. They need God's guidance.
4. The fourth finger is the ring finger. Even though it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.
5. And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective, and also you will be able to pray for your own needs in a better way.

