

# Jesus Teaches Us to Pray

## Preparation for the Session

**Turn to Page 143,**  
the Family + Faith page.  
*Vivos en Cristo*, Page 287

In this chapter you will cover the following objectives:

- Define prayer as talking and listening to God
- Become more aware of the need to pray to get close to God
- Learn that the Lord's Prayer is the prayer that Jesus taught his followers to pray to God the Father

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

**Parents, Consider This:** *Memorization, or learning by heart, is one of the first prayer skills children learn. Committing short traditional prayers and liturgical responses to memory helps children feel part of the worshipping community, and gives them models for their own spontaneous or self-composed prayers. Your child's comprehension of memorized prayers will mature as your child matures. This is a wonderful age to help your child memorize some prayers.*

**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:** These songs connect the session topics and can be downloaded from [aliveinchrist.osv.com](http://aliveinchrist.osv.com).

- The Lord's Prayer
- Jesus, Please Hear Our Prayer

## INVITE: Encountering God in His Word

**Turn to Page 135,**  
Jesus Teaches Us to Pray  
*Vivos en Cristo*, Page 271

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 God hears all of our prayers.

**Say:** Sometimes we might think that God does not hear us because our prayer is not answered the way we would like it to be. But God does hear us. Let's listen to what Jesus says about praying.



**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:** When we pray, we are talking with God about what we think we want or need, but sometimes God has a different answer for us.

**Invite** your child to respond to the questions. Prompt what else they might wonder about God answering our prayers or the importance of prayer.

## DISCOVER: Learning God’s Truth

**Turn to Page 136,**  
Stay Close to God  
*Vivos en Cristo*, Page 273

**Read** aloud the opening question and text.

**Ask** your child to think about how happy they are when talking with family and friends. Tell your child that talking with God helps to keep you close to God.

**Explain** that prayer is the way to have a friendship with God.

**Direct** your child to the Catholic Faith Words box and read the word **prayer** and its definition.



**Do** the gold–star activity.

**Parents, Consider This:** To help your child understand what a blessing is, teach your child the words of this traditional blessing at meals: “Bless us O Lord, and these your gifts which we are about to receive from your goodness through Christ our Lord. Amen.” It is a wonderful practice to say this prayer before meals. Explain that, in this blessing, we thank God for the food he has given us from the generous store of gifts he gives us.

**Turn to Page 137,**  
Pray Anywhere  
*Vivos en Cristo*, Page 275

**Read** aloud the text.

**Have** your child make an index card with the word “yes” on one side and “no” on the other side. Call out places, such as, “in church,” “on you bike,” “on a bus,” or “at a playground.” Tell your child to hold up the side with the word “yes” if the place is a place to pray, and the side with the word “no” if it isn’t. (The “yes” side should be held toward you each time. This reinforces the concept that prayer can take place anywhere.)

## Activity

Have your child complete the Share Your Faith activity.

**Turn to Page 138,**  
Learn to Pray  
*Vivos en Cristo*, Page 277

**Read** aloud the opening question and the two paragraphs.

**Explain** that every generation of Catholics learns certain prayers. We also learn certain songs that are sung in church on Sundays.



**Read** the Scripture to your child.



**Do** the gold-star activity.

**Parents, Consider This:** *This part of the letter to the Ephesians instructs Christian converts on how to live as followers of Christ. The writer stresses that convert's lives should be filled with prayer. They should pray together and sing as a group, but they should pray individually, in their hearts. Remind your child that Jesus called on God the Father, and asked us to do so, too.*

**Turn to Page 139,**  
The Lord's Prayer  
*Vivos en Cristo*, Page 279

**Read** aloud the introductory paragraph and then read the definition for the Catholic Faith Word, **Lord's Prayer**.

**Ask:** Have you heard of the Lord's Prayer?

**Explain** that the Lord, Jesus, taught the first Christians this prayer.

**Read** aloud the Lord's Prayer. Tell your child that since he or she is a friend of Jesus, the Lord's Prayer is for them. Explain that, at every Mass, the Church family stands and prays this prayer aloud. Help your child understand the words by suggesting synonyms for any words they don't understand.

## Activity

Have your child complete the Connect Your Faith activity.

**Parents, Consider This:** *Explain to your child the difficult words in the first part of the prayer: "who art" means you who are (addressed to God), "hallowed" means called or treated as holy, "thy kingdom" means God's rule on Earth, "thy will" means what God wants people to do.*

## LIVE: Living Our Faith

**Turn to Page 140,**  
Our Catholic Life  
*Vivos en Cristo*, Page 281

**Read** aloud the first paragraph and the chart as your child follows along.

**Turn to Page 141,**  
People of Faith  
*Vivos en Cristo*, Page 283

**Read** the paragraph about Saint Ephrem the Hymnist.

- Share your reactions to the information.
- Talk about some ways you can tell others how much God loves you.

## Activity

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

**Turn to Page 143,**  
Family + Faith Page and  
conclude with the Let's Pray  
prayer on this page.  
*Vivos en Cristo*, Page 287

**Parents, Consider This:** *It's important to form our children in the common language of prayer. We encourage you to pray the Hail Mary (see Page 317), 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).