

Pray Always

Preparation for the Session

Turn to Page 115,
the Family + Faith page.
Vivos en Cristo, Page 231

In this chapter you will help your child to:

- Describe prayer as talking and listening to God
- Name the Lord's Prayer as the prayer Jesus taught his followers to pray to God the Father
- Discuss the importance of daily prayer
- Recall the various ways to pray: using traditional prayers and our own words, out loud or silently, and at any time
- Identify the five basic forms of prayer as blessing and adoration, praise, petition, intercession, and thanksgiving

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

Parents, Consider This: *You are about to help your child better understand the gift of prayer in our lives. Prayer has many forms. One of the most important forms is making and taking the time to be with God in silence; with an uncomplicated awareness of God's power, goodness, generosity, and care. When you are constantly aware of God's presence in your life, you are constantly praying. At opportune times, you can point out to your child occasions to pray, such as saying, "Let's say a prayer in our heart and mind for our neighbor who is ill." Making this part of your everyday conversation is how your child will learn to pray.*

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 chapter.
- *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.

- Open My Eyes
- Jesus, Please Hear Our Prayer

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 prayer is an important part of our life with God.

Say: In prayer, we give thanks and we ask forgiveness. We tell God about what worries us and ask for help. Most of all, we give God praise. It is important to think about how we should pray.



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: Talking with our friends is something we all enjoy. Talking with God is even better than talking to your friends. God knows us so well that he understands exactly what is in our hearts. Learning to be a person who prays will help you to become a better disciple.

Invite your child to respond to the questions. Prompt what else they might wonder about prayer.

DISCOVER: Learning God’s Truth

Turn to Page 108,
Jesus Teaches Us How to Pray
Vivos en Cristo, Page 217

Read aloud the paragraph. Have your child find and point to the words **prayer** and **Lord’s Prayer**. Move to the Catholic Faith Words box and ask your child to read the definitions there.



Proclaim the Scripture.



Do the gold-star activity.

Parents, Consider This: Recall a time in your own life when you asked God for something in prayer and you believe your prayer was answered. Try to remember to share those stories in your family. That is often how we come to recognize God’s action in our lives.

Turn to Page 109,
How to Pray
Vivos en Cristo, Page 219

Read the introductory paragraph.

Ask your child to listen to the directions Jesus gives for praying.



Proclaim the Scripture story. Have your child talk about where and what he or she prays for most often.

Ask: What does God know about your prayers? (God knows what is in their hearts.)

Activity

Do the Share Your Faith activity. Help your child decide what he or she would want in an ideal prayer space. After listening to your child, have them write their answer in the box.

Parents, Consider This: *Having a prayer space in your home is an excellent way to set an environment for prayer. Any small area, such as a table top in a corner of a room, can become a place of prayer. You might want to keep your family Bible there, a statue of a Saint, a holy card, or a crucifix. Whatever would set the context for prayer for your family can be placed in this prayer space.*

Turn to Page 110,
Ways We Pray
Vivos en Cristo, Page 221

Ask your child to describe some different ways to pray.

Read the paragraphs on this page.

Ask: Does God always hear our prayers? (yes)

Recall for your child that Jesus was praying on the night before he died. Ask your child what Jesus might have been saying to God the Father. (he didn't want to die; he was afraid; he needed his Father's help; may God's will be done)

Turn to Page 111,
Prayer Forms
Vivos en Cristo, Page 223

Read the introductory paragraph. Tell your child you are going to review five forms, or types, of prayer.

Move to the Catholic Faith Word box and have your child read the definitions of the highlighted words. Explain that these are the five forms of prayer.

Activity

Read the directions for the Connect Your Faith activity. Together, look up the passages from Scripture and have your child complete the activity.

Parents, Consider This: *Think of the importance of daily prayer in the life of your family. Prayer that is done often becomes a habit. Praying regularly changes our lives. Praying as a family strengthens and roots our family in God's loving presence.*

LIVE: Living Our Faith

Turn to Page 112,
Our Catholic Life
Vivos en Cristo, Page 225

Read the paragraph.

Discuss the question, "How can you communicate with God?"

Review the suggested ways to pray in the "Ways to Pray" chart.



Ask your child to add some other ways they can think of to the list.

Turn to Page 113,
People of Faith
Vivos en Cristo, Page 227

Read the paragraph about Saint Gertrude the Great.

- Share your reactions to the information.
- Talk about who your child likes to pray for.

Activity

Have your child work on the Live Your Faith activity. Once they've completed their prayer wheel, both of you take a couple of spins.

Parents, Consider This: *At the heart of the Christian relationship with God is the willingness to communicate with him. It is important for the children to recognize that their thoughts are among the most precious prayers. Teach your child to sit quietly and offer thoughts to God. Remind yourself and everyone in your family that if they are quiet, they will hear and understand how God is helping them.*

Turn to Page 115,
Family + Faith Page and
conclude with the Let's Pray
prayer on this page.
Vivos en Cristo, Page 231

Parents, Consider This: *It is important to form our children in the common language of prayer. We encourage you to pray the Glory Be (see Page 321), 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.