



Faith Formation

"Catholic education aims not only to communicate facts but also to transmit a coherent, comprehensive vision of life, in the convictions that the truths contained in that vision liberate students in the most profound means of human freedom." ~ St. Pope John Paul II

Catechist Resource

Personal Prayer

Help Links:

- [St. Mary's Press](#)— Videos, Worksheets, Activities
- [Catholic Blogger](#)— PreK & K Lesson Plan "I can talk to God"
- [Religion Teacher](#)—5 Forms of Prayer lesson plan and video
- [Young Catholics](#)- Slow Down Prayer— Stationed lesson plan for middle and high school
- [Religion Teacher](#)— Our Father
- [Religion Teacher](#)—Hail Mary
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Suggestions and considerations for inspiration

- Prayer is best taught as an experiential lesson. Someone cannot "tell" you how to pray, they can offer opportunities to practice though.
- Try not to focus on a particular prayer type. This lesson is intended to allow the students to learn more about how to have a conversation with God.
- Look at the Our Father and explain what it really means

Musical or Video References:

- [Tauren Wells](#)— When We Pray
- [Matthew West](#)— The Power of Prayer

The 5 Finger Prayer

Thumb: Those closest to you, your family.

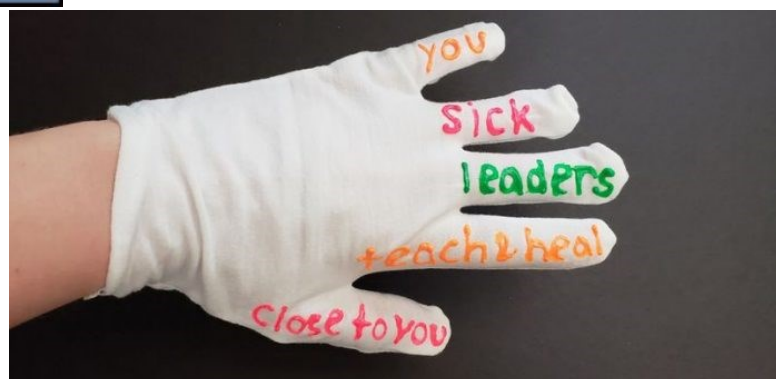
Pointer: Those that point you in the right direction (teachers, doctors, priests) ask for wisdom & support.

Index: (tallest) Those that lead us, (Government) ask for guidance & wisdom.

Ring: (weakest) Those that are weak, in trouble, or in pain. We cannot pray too much for them.

Pinkie: (smallest) Our prayers for ourselves & our own needs.





Prayer Request

FALL on your knees and pray to Jesus.



The Lord's Prayer

Our _____ in heaven,

hallowed be your _____,

your ^{king}kingdom come,

your _____ be done,

On earth as it is in _____.

Give us today our _____.

And _____ us our debts,

as we also have _____ our debtors.

And lead us not into _____,

but _____ us from the evil one.



Amen.

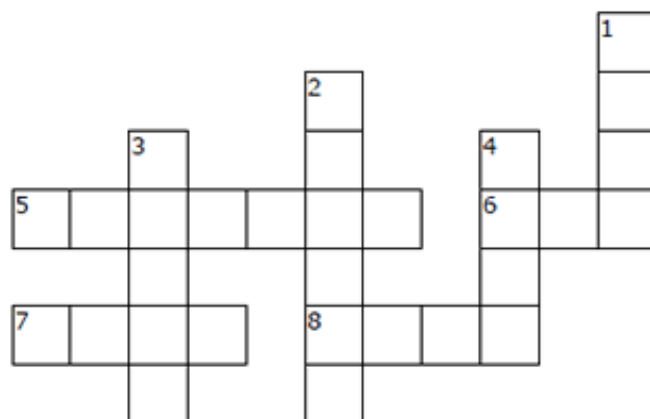


Jesus Prays for His Disciples

I pray for them. I am not praying for the world, but for those you have given me, for they are yours.

John 17:9 (NIV)

This puzzle is based on John 17:6-11 (NIV)



ACROSS

5. To keep from being injured or harmed
6. To be a single unit, object, or living being
7. A combination of letters that represents a thought or idea
8. To speak to God

DOWN

1. To place in the hands of someone
2. To receive something
3. That which belongs to you
4. Deserving special respect or reverence; worthy of worship

PRAY
ACCEPT

GIVE
YOURS

HOLY
WORD

PROTECT
ONE

My Prayer List:

Ways I will pray for my family and friends:

Ways I will pray for my world:

Ways I will pray for my community:

Ways I will pray for my church:

Ways I will pray for myself:

Ways God has answered my prayers:

God hears me



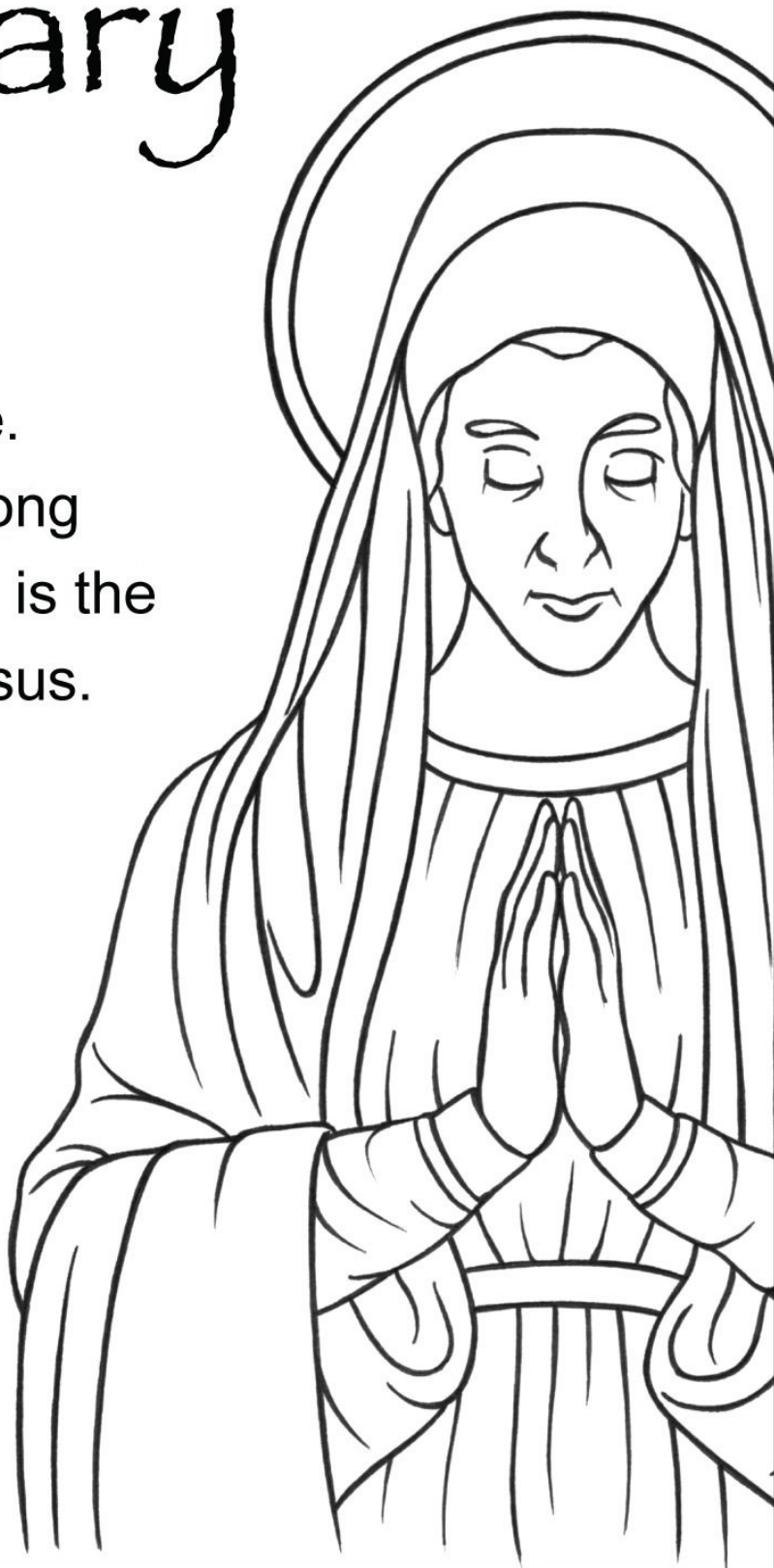
when I PRAY.

Hail Mary

Hail Mary,
Full of Grace,
The Lord is with thee.
Blessed art thou among
women, and blessed is the
fruit of thy womb, Jesus.

Holy Mary,
Mother of God,
pray for us sinners
now, and at the
hour of our death.

Amen.



Supplies:

*1 ft length of yarn
for each person

Worry Knots Prayer Activity

Read 1 Peter 5:7

"Give all your worries and cares to God, for he cares about you."

Consider how amazing this verse is: God, the Creator of the universe, loves you so much that you are invited to "give all your worries and cares over to God." Take a few moments and think of all the worries and concerns in your life. For each situation or person you are worried about, tie a prayer knot in your yarn.

Hear these words from Jesus: "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid" (John 14:27). Jesus also said, "Can all your worries add a single moment to your life?...So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today" (Matthew 6:27, 34).

Pray. Be still.

If you are able, untie your knots as a symbol of letting go of these worries and concerns and leaving them in God's capable hands.

Keep your string in your pocket and repeat these steps as needed.

FamilyMinistryTools.Org

SPREADING HOPE
ACTIVITIES FOR FAMILIES
STUCK AT HOME

