



## 1 Opening Prayer

**Scripture:** Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. (Matthew 7:7-8)

**Together:** Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created, and You shall renew the face of the earth. O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit, we may be truly wise and ever rejoice in His consolations, through Christ our Lord. Amen.

## 2 Opening

This lesson is focused on prayer. Begin by allowing the students to share some of their favorite ways to pray.

## 3 Video

Watch the Lesson 9 Adventure Catechism Video

## 4 Comprehension Questions

- 1) What is prayer?  
*Prayer is spending time with God, and communicating with Him. It includes both talking and listening to God. The classic definition of prayer is, "raising our minds and hearts to God."*
- 2) What are some different types of prayer?  
*Sharing with God what is on our minds and hearts; prayers we learned in Church, like the Our Father, Hail Mary, etc.; saying thank you to God; expressing sorrow for sin; praying for others; spending quiet time with God, even without words; reading the Bible; participating in Mass; etc.*
- 3) In the Bible, what does Jesus call us?  
*Friends*
- 4) What type of attitude must we have when we pray?  
*Humility – God loves us, and He knows what is best. It is important for us to realize that sometimes we pray for things, and the most loving answer God can give us is, "No."*
- 5) Whom should we pray for?  
*We should pray for everyone – ourselves, friends and family, priests and the Church, our country, those who are suffering, even those we don't know. Jesus even challenges us to pray for our enemies.*

## 5 Discussion Questions

- 1) Why is it important to pray?  
*We want to be united with God. Prayer is a conversation with God, an opening of our heart to God. We can not have much of a relationship with anyone if we never spend time with them or give them our attention.*
- 2) Why is it important to listen when we pray?  
*When we communicate with someone, we don't just talk – we also listen. God loves us, and He can help us and guide us, but we have to listen to Him.*

## 6 Activity

There are two suggested activities for this lesson, depending on the age of the group:

Divide a paper into four squares. Label them: Adoration, Contrition, Thanksgiving, Supplication. Fill in the squares with ways you can pray in each of those categories. For example, how can we adore and praise God; what do we need to be contrite (sorry) for; what should we be thankful for; and what needs can we pray for, for ourselves and others?

For older groups:

Using Scripture is a very powerful way to pray. There is a traditional form of prayer with Scripture called Lectio Divina. Look over the attached sheet describing Lectio Divina, and use it to teach the method to the students. Perhaps use the upcoming Sunday's Gospel reading, or one of your favorites, for the prayer.

Remind students that a classroom is not the most conducive environment for this type of prayer (some soft Gregorian chant in the background, with the lights turned down may help) so encourage them to practice it at home.

One easy way to think of the four steps to Lectio Divina is:

- 1) Read
- 2) Meditate
- 3) Pray
- 4) Listen

## 7 Closing Prayer

**Together:** Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.