

Journal Pages

Session #3 – Prayer

Please complete the sentence: *Prayer is...*

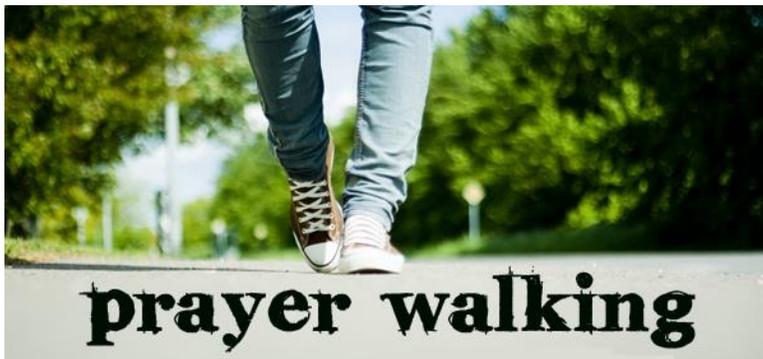
You are asked to write 3 possible definitions, using only one to three words. The pictures may inspire you. Consider action words, descriptive words, symbols, emotions...

Prayer is ...

1. _____

2. _____

3. _____



Answer each with a number 1 - Yes 2- sometimes 3 - Not really

I Pray....

- When I'm alone
- When I feel sad
- When I don't know what to do
- When I'm happy or feel like I received something
- When I succeeded at something difficult
- When I'm outside - in nature

- When I need or want something
- For other people's needs
- When someone I love is sick
- When I'm listening to Music
- When I read the Bible
- When I receive the Eucharist at Mass

What are your PRAYER HABITS 1 - Yes 2- sometimes 3 - Not really

- Do you pray before meals?
- Do you have daily quiet time with God?
- Do you have a special place in your house where you usually go to pray?
- Do you read scripture and meditate (pray) about what you read?
- Do you use a particular prayer pattern? (a routine)

- Do you ever pray out loud?
- Have you prayed out loud in public (i.e. before a meal at a restaurant)?
- Do you have a Prayer Journal?
- Have you ever gone on a prayer Journey (i.e. during Lent or Advent)?
- Do you ever make up your own prayer?

Write a short answer for each

1 How would you describe your relationship with God?

2 Have you ever talked to God in your own words - like a friend?

3 Do you like to Pray? How do you feel when you pray?

4 Do you expect your prayers to be answered? Why?

The 5 W's of Prayer



Who: _____

What: _____

Why: _____

When and Where: _____

How: _____

ACTS: Forms of Prayer

Adoration

Contrition

Thanksgiving

Supplication (Petitions)



Responding to God

Think about what has been shared (discussion, sharing by Mark and Sister, personal experience). Write your answers to the two questions.

✝ When everything is going your way, do you take time to pray? Why or why not?

✝ When you are happy, sad, lonely, or upset do you take the time to pray? Why or why not?

Family Faith Sharing

You're invited to have a family discussion on:

- ✝ How is prayer important in your life? Explain
- ✝ What could we do as a family to make prayer a more important part of our life?



Creating a Psalm Prayer

The Psalms are a collection of songs and prayers.

The Book of Psalms is found in the Old Testament of the Bible and contains examples of the different types of prayer.

Adoration: Sing to the Lord a new song of praise in the assembly of the faithful. (Psalm 149:1)

Contrition: We have sinned, we and our fathers; we have committed crimes; we have done wrong. ... (Psalm 106:6)

Thanksgiving: Give thanks to the Lord, for he is good, for his mercy endures forever. (Psalm 117:1)

Supplication/Petition: O Lord rescue me; O Lord, make haste to help me. (Psalm 40:14)

Psalm 117

Complete the following journal activity, sign, and return to Sr. Yvonne (sryvonne@holyfamparma.org)

Psalm 117 is the shortest of the 150 Psalms. It is also the shortest chapter in the Bible. Can you identify the type of prayer?

Glorify the Lord, all you nations;
praise him, all you people.
For his kindness toward us is constant,
and the faithfulness of the Lord will endure forever.
Alleluia.

Directions: Write your own Psalm based on Psalm 117.

The first and last line will be: "Praise the Lord!"

Then write two things for which you thank or praise God.

My Psalm

Praise the Lord!

Praise the Lord!

Signature/Date

