

## CATHOLIC PRAYER IN THE CLASSROOM

### Session Description:

This session explores the role of the catechist as a facilitator and leader of prayer by addressing various prayer forms and specific prayers in the Catholic tradition.

### Focus of the Session:

“Christian prayer is a covenant relationship between God and man in Christ. It is the action of God and of man, springing forth from both the Holy Spirit and ourselves, wholly directed to the Father, in union with the human will of the Son of God made man (CCC #2464).”

“‘The Lord’s Prayer’ is truly the summary of the whole gospel. Since the Lord . . . after handing over the practice of prayer, said elsewhere, ‘Ask and you will receive,’ and since everyone has petitions which are peculiar to his circumstances, the regular and appropriate prayer (the *Lord’s Prayer*) is said first, as the foundation of further desires (CCC #2761).”

### Content:

In conducting this session the instructor will:

1. Define prayer and why we pray.
2. Explore the *Lord’s Prayer* and how prayer is presented in the Scriptures.
3. Review the role of prayer in the Christian life.
4. Model basic prayers used in liturgical celebration and personal prayer, especially the the *Lord’s Prayer* (the “Our Father”).
5. Experience different prayer forms and styles.
6. Examine ways to overcome difficulties in prayer.

### Learning Outcomes:

As a result of this session the catechist will:

1. Gain a deeper appreciation of how prayer is modeled through the “Our Father” and the Scriptures.
2. Recognize the role of prayer in our lives.
3. Understand the difference and structure of personal prayer and communal prayer.

### Reference:

- *Catechism of the Catholic Church*: # 2558 -2745
- *Diocese of Rockford Religious Education Curriculum Guidelines*: pp. 19-22
- *National Directory for Catechesis*: pp. 102-103, 111-113