

Family Faith Formation Unit 4

Overview

Unit 4 – How do we become what we believe? The Faith Lived

February Unit 4 Continued

13 Class Day Lesson 17 and 18– Why do we pray? How do we pray?

Lesson 17

Lesson Focus

Lesson 16 explores the Essential Question “What is prayer?” The lesson opens with the simple yet powerful Scripture verse from Jeremiah 29:12: “When you call me, and come and pray to me, I will listen to you.” That’s what prayer is. We talk and listen to God. It is a kind of partnership. God is as active a participant as you are.

Lesson Summary

This lesson leads the children to understand that when we pray, we talk to God. We praise and thank God for all that he has made. God made us to know him and to love him. We also listen to God. Prayer helps us grow close to God. God calls each one of us to prayer. We can listen to God in our hearts. Prayer helps our friendship with God grow strong. Jesus often prayed to God, his Father. We pray to God the Father too. God always listens to us when we pray.

How do you usually address God in prayer? When do you find it easiest to pray?

Lesson 18

Lesson Focus

Lesson 18 asks the Essential Question: How do we pray? Perhaps one of the first prayers we learned as children was Grace before Meals, or at least some form of asking God to bless the food we were about to eat. It’s a simple but powerful way to acknowledge that something greater than ourselves is at work in our world, even in the most basic aspects of our daily lives. There are many opportunities for prayer throughout the day. How do you weave prayer into your daily routine?

Lesson Summary

This lesson teaches that the Holy Spirit guides us in our prayers and that there are many ways to pray. Prayer is a way to remind ourselves that God is always with us. When we pray, we should try to keep our attention on God. The Mass is the Church’s most important prayer. We pray in all kinds of ways, but God hears our prayers no matter how we pray. Jesus gave us a special prayer called the Lord’s Prayer.

What is your favorite prayer? How do the prayers we say at Mass help you draw closer to God?

February

27 Class Day

Lesson 19 – What helps us to pray?

Lesson Focus

Lesson 19 explores the Essential Question “What helps us to pray?” The Body of Christ unites us to all who have been baptized. This union of the baptized members of the Church on earth, in Purgatory, and in heaven is called the Communion of Saints. Saints are followers of Jesus who lived lives of holiness on earth and now share eternal life in heaven. Their love and prayer for the Church is constant. Some saints are officially recognized and honored by the Church through canonization. Many others are those who have died in God’s love. We turn to the saints for inspiration as well as for their prayers on our behalf. Reflect on the hope that rests with being part of the Communion of Saints.

Lesson Summary

This lesson focuses on what helps us pray. Sometimes we find it hard to pray. Sometimes we feel too busy to pray. Maybe we are disappointed because God doesn’t seem to answer our prayers. But God has given us the gift of faith to help us. We can ask him to increase our faith and give us strong hearts. Jesus can help us when we find it difficult to pray. The saints have a share in God’s love and power, so we can also ask for their help. They pray for us and act on our behalf. God will give us everything we need—we just have to ask.

To whom do you turn to when you have trouble praying?

March

6th At Home

Lesson 20 – Why is the Lord’s Prayer the perfect prayer?

Lesson Focus

Lesson 20 explores the Essential Question Why is the Lord’s Prayer called the perfect prayer? Because we pray it so often and so easily, the words of the Lord’s Prayer can easily lose their potency. As Saint Edmund wrote, “It is better to say one Our Father fervently and devoutly than a thousand with no devotion and full of distraction.” In Lectio Divina, we let a word or phrase capture our attention and then contemplate its meaning in our lives. Since the Our Father is also a passage from Scripture, it is all the more appropriate to pray it in lectio fashion, allowing it to speak to our hearts. Offer the prayer in a slow and measured fashion so that you discover anew why it sums up the entire Gospel.

Lesson Summary

This lesson teaches students that the Lord’s Prayer is the essential prayer of the Church because it is the prayer Jesus taught his disciples. The Lord’s Prayer is an invitation to pray as Jesus did and helps us know and honor God. The first three petitions in the prayer give glory to God and anticipate the coming of the Kingdom. The Lord’s Prayer reminds us to help build God’s Kingdom today by being just, peaceful, and merciful people. It also directs us toward the hope of the Kingdom to come at the end of time. When we pray “Amen” at the end of the Lord’s Prayer, we are saying “Yes, I believe in the Gospel message. Yes, let it be so.”

What has the Lord’s Prayer taught you about the will of God the Father? In what ways do you live the will of the Father in your day-to-day life?

