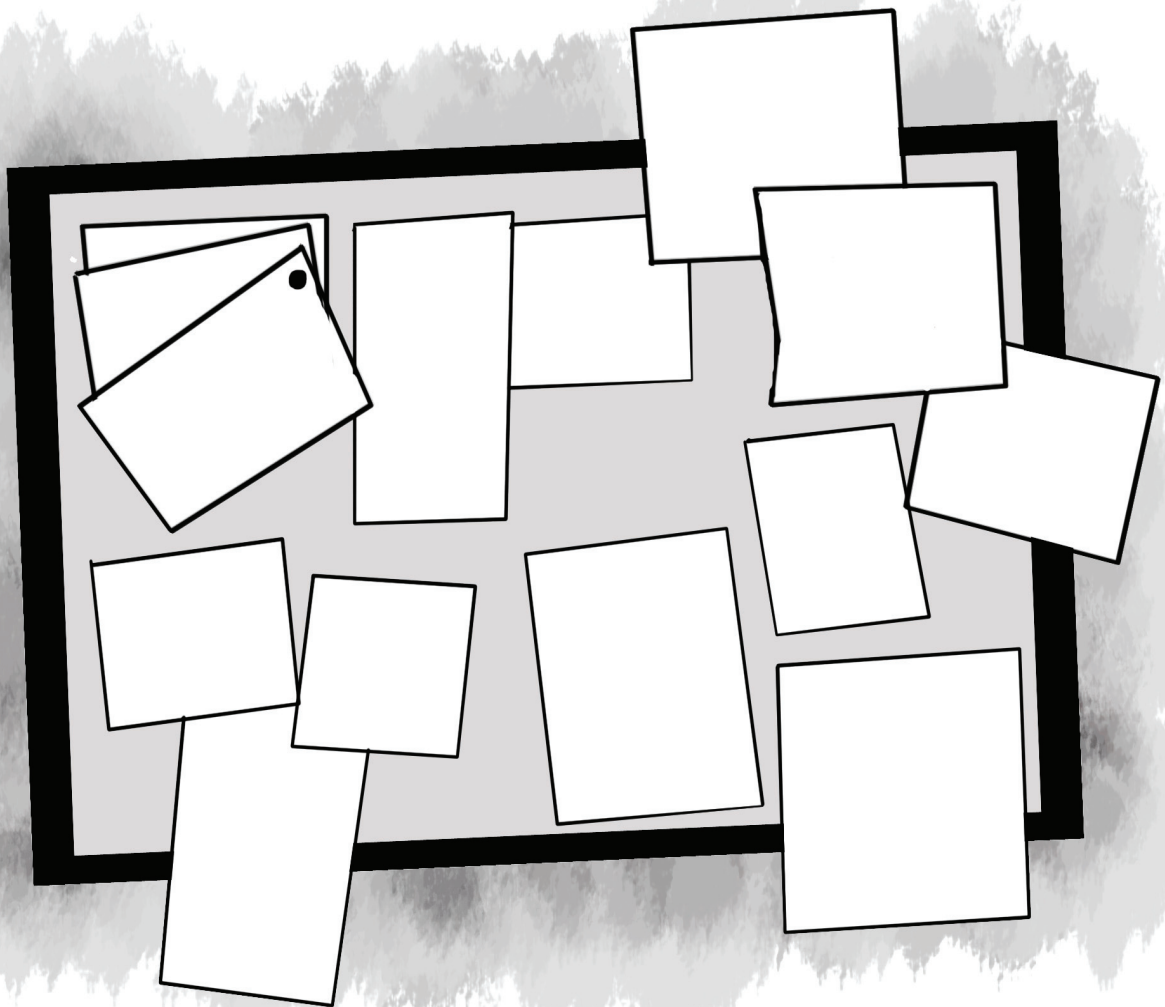


Prayer in My Life

What is prayer? Place a check ✓ next to the statements that are true for you.

- Prayer is like a good conversation with a friend.
- Prayer is feeling close to God in all moments of my life.
- Prayer is part of the routine of my day - morning, noon, and night.
- Prayer is thanking God for all that I have been blessed with.
- Prayer is asking God to help take care of people who are sick or in need.
- Prayer is celebrating with my family at Sunday worship.
- Prayer is spending time with God in nature.
- Prayer is reading the Bible.
- Prayer is something we do as a family before meals or going to bed at night.

On the "post it notes" attached to the bulletin board below, write words or draw images that say what prayer is for you.



Jesus Prays

The Gospel of Luke records many of the stories of Jesus praying at important and regular times in his life. Can you match the Bible passages of the times that Jesus prayed to the times in your life that you could pray? Draw lines to connect a Bible passage with the times we pray.

Jesus prayed when. . .

“After all the people had been baptized, Jesus also was baptized. While he was praying...”
(Luke 3:21)



Jesus prayed before choosing the disciples:
“At that time Jesus went up a hill and spent a whole night there praying to God. When day came he called his disciples to him and chose twelve of them...” (Luke 6:12)

When the 70 people Jesus sent out to proclaim the Good News returned :

“At that time Jesus was filled with joy by the Holy Spirit...and said ‘I thank you...’ (Luke 10:21)

Jesus prayed before teaching the disciples how to pray:

“He was praying in a certain place, and after he had finished one of his disciples said to him, ‘Lord, teach us to pray...’ (Luke 11:1)

Jesus prayed in the Garden of Gethsemane:
“Then he went off from them about the distance of a stone’s throw, and knelt down, and prayed, ‘Father if you will take this cup of suffering from me...’” (Luke 22:41)

Jesus prayed on the cross:

“Then Jesus said, ‘Forgive them Father! They don’t know what they are doing.’ (Luke 23:34)

Times we pray. . .



When times are tough.

When good things happen.

Before doing important things.

When we need to forgive others or have them forgive us.

When we celebrate sacraments pray for sacramental moments or remember the anniversaries of sacraments like baptism or marriage.

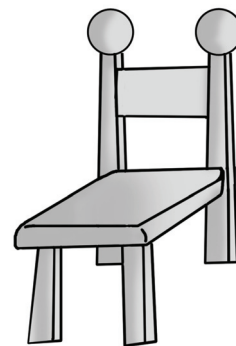
Before we make big decisions.

Learning to Pray

Find a regular **PLACE** to pray.

Some people find that when they enter a church they immediately feel called to pray, others have a favorite chair they sit in to talk with God or a favorite place in the park.

Where is a good place for you to pray?



Use different **POSTURES** to pray.

A posture is simply a physical position. For example, some people like to kneel when they pray, others like to sit upright with their hands in their laps, others like to lie on their bed.

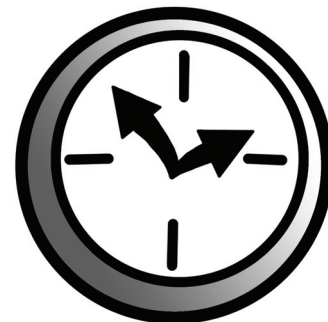
What posture will best help you to talk to God?



Pray at a regular **TIME** each day.

Routine is important. You might already have a routine for how you start your day - shower, eat breakfast, get dressed, pack up homework. Do you have a regular time or pattern for praying each day?

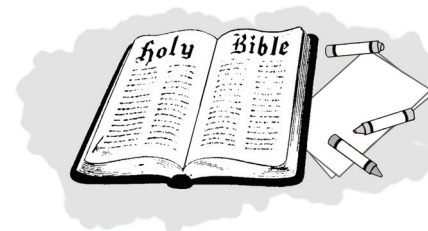
When is best for you to pray? Before you go to sleep at night? When you wake up?



Pray in a regular **WAY** each day.

Some people like to begin their prayer by reading a few lines from the Bible and then thinking about them. Some like to pray by writing a letter to God, or by drawing God a picture about what they are thinking or feeling. Some like to pray by first praying for the prayer needs of others, others like to play a favorite song that reminds them about their relationship with God.

How can you pray in a regular way each day?



Try It! — Praying

Let's try praying! As you experience each "stepping stone" color it in and see how colorful your pathway to God really could be!

Pray with a **saint** or **holy person**. Learn about your person and read one of their prayers.



Pray in **nature**. Go for a walk and see what you can see that can teach you about God.



Pray with your **community**. Go to the worship service at your church this week.



Pray for the **needs** of others. Who most needs you to pray for them at this time?



Pray a prayer of **thanksgiving**. Read Psalm 113.

Pray with the **Bible**. Open your Bible to the Gospel of John and read Chapter 1 verses 1-5.

Pray with **art**. Sit still with a blank piece of paper and some markers, and see what comes into your mind as you draw!

Set up prayer reminders!

A rock under your pillow

Bible passages taped to mirrors

A green dot on your watch so that when you check the time you'll be reminded to pray