



LESSONS 10 and 11 CONTENT GOALS FOR MARCH:

- ☐ Recite this month's Scripture Memorization
 - "Glory to God in the highest and on earth peace to those on whom his favor rests."
(Luke 2:14)
- ☐ Define the following:
 - Inspiration
 - Psalms
 - *Lectio Divina*
 - Liturgy of the Hours
 - Blessing and Adoration
 - Petition
 - Intercession
 - Thanksgiving
 - Praise
- ☐ Explain that Scripture helps us to pray.
- ☐ Understand that reading Scripture is an encounter with God Himself.
- ☐ Describe the five forms of prayer.
- ☐ Tell about the Feast of the Annunciation.
- ☐ Tell the Story of Sts. Felicity and Perpetua
- ☐ **ALL: Complete your Monthly Prayer Board Activity!**

I. PRAYING WITH SCRIPTURE– Lesson 10

MAIN IDEAS: Scripture can aid us in prayer and we can and should develop the habit of praying with the Bible. It is especially important to understand that when we pray with Scripture, we are encountering God Himself. (FF Parent Guide, Vol IV, p.202).

When we read Scripture in a meditative fashion, it itself becomes a prayer. “**Scripture is the inspired Word of God written down by human others**” (FF Parent Guide, Vol IV, p.312). Because this was done through the Holy Spirit, the Spirit of Truth, to inspire human authors to write down all that was necessary for salvation, **it is without error**. Through Scripture, **God reveals Himself** to us and becomes present to us. “Most particularly, when we meditate on the Gospels, we get to know Jesus in a special way” (FF Parent Guide, Vol IV, p.312).

Vocabulary Word	Definition	In other words...
Inspiration	The gift God gave the human authors of the Bible to put into human words what He wanted to put into writing for our salvation.	The guidance that the Holy Spirit gave to the human authors when writing the Bible to tell all that was needed for our salvation.

READING SCRIPTURE:

- Find a quiet place and pray to the Holy Spirit that He make you receptive to God’s Word.
- Select a short passage or verse and read it slowly and deliberately, more than once.
- Ask some questions:
 - What is this Scripture passage saying to me?
 - How can I apply it to my life?
 - If from the Gospels: What does it say about Jesus and how I should live my life?
- God speaks to us in that moment which is why we call it The Living Word of God.
- “The author of Scripture, God Himself, is omniscient, or all-knowing. When we read His Word in the Bible we are having a new encounter every time, even if we are reading the same verse for the 20th time” (FF Parent Guide, Vol IV, p.312). We can get something new each time we read it.

THE PSALMS: The Book of Psalms is found in the Old Testament. They are both prayers and the inspired Word of God. “The Psalms celebrate how God saved the people of Israel, and look forward to the future promises made by God to his people” (FF Parent Guide, Vol IV, p.313).

“The Catechism explains that ‘though a given psalm may reflect an event of the past, it still possesses such direct simplicity that it can be prayed in truth by men of all times and conditions’” (CCC 2588).

Example: “Your Word is a lamp for my feet, a light for my path” (Psalm 119:105)

Vocabulary Word	Definition	In other words...
Psalms Pronounced “salm”	A collection of 150 prayers in Scripture that were sung by the people of Israel in praise of God.	Word which means “praises”; there are psalms of praise, thanksgiving, lament, wisdom, and royal psalms

King David: He was the primary author of the Psalms. King David is known for slaying Goliath and was also a poet and a “man after [God’s] own heart” (1 Samuel 13:14). “God promised David that from his line the Messiah would be born, and Jesus was a direct descendant of King David” (FF Parent Guide, Vol IV, p.313).

Jesus prayed the Psalms and they are essential to the Church today.

Mass Connection: We pray a Psalm at every Mass. It occurs after the first reading (which is usually from the Old Testament). It is sung when possible or prayed with a refrain spoken by the congregation.

LITURGY OF THE HOURS:

Vocabulary	Definition	In other words...
Liturgy of the Hours	The prayer of the Church, made up of psalms, hymns, and Scripture readings. Also known as The Divine Office.	"It is the official non-sacramental, communal prayer of the Catholic Church...It is one way the Church always prays" (<i>Catholic Faith Handbook for Youth</i> , p.347)

Origin: "The tradition of praying the Liturgy of the Hours came from communities setting aside times for prayer as part of the routine to call people to be with the Lord and their community" (*FF Parent Guide, Vol IV*, p.313).

Today: Religious communities gather at times during the day to pray the Liturgy of the Hours. The Liturgy of the Hours rotates on a four-week cycle and observes the Church's liturgical feasts.

- "The pope, cardinals, bishops, priests, nuns, sisters, brothers, and monks are all obligated to pray the full sequence of the Hours, observing them as closely as possible the true time of day" (*FF Parent Guide, Vol IV*, p.313). Many laypeople also participate in the Liturgy of the Hours in whole or in part. When lay people join the Liturgy of the Hours they are joining the community of the whole church.
- **Two most common prayers: Morning Prayer and Evening Prayer.**
 - This is a great way to get into a rhythm of prayer, to start the day and close the day with prayer.
 - "These external acts help form our inner hearts, which makes prayer as essential a part of our lives as other important routines, such as sleeping, eating, and drinking" (*FF Parent Guide, Vol IV*, p.313). It is important for our spiritual health.
 - For more information: <https://divineoffice.org/liturgy-of-the-hours/>

LECTIO DIVINA: means "divine reading"

Vocabulary	Definition	In other words...
Lectio Divina Pronounced "lexio"	Means "divine reading"; An ancient form of praying with Scripture.	A way of praying with Scripture

Origin: "It originated with the Desert Fathers of the fourth and fifth centuries. The Desert Fathers were some of the first monks, Christians who moved into the wilderness to devote themselves to a simple way of life of work and prayer" (*FF Parent Guide, Vol IV*, p.314).

What is it? "*Lectio Divina* is a slow and thoughtful encounter with the Word of God. When we pray the *Lectio Divina*, we listen to the Word of God spoken in Scripture, consider how God's Word applies to our life, respond to God in prayer, and then rest in silence in God's presence and allow Him to speak to our heart" (*FF Parent Guide, Vol IV*, p.314). It is simple but can lead to a rich prayer life and encounter with God.

1. **Lectio** (Read): We read a short Scriptural passage (maybe 15 verses) slowly and deliberately several times. We seek to read so that we may listen to God, the words or message He is sending us.
2. **Meditatio** (Meditate): We reflect on what this Scriptural passage is communicating to us about our lives and our relationship with God. Where is he calling us? This is an active part of *Lectio Divina* where we seek to engage in what we have read/heard and apply it to our own lives.
3. **Oratio** (Prayer): We turn to talk to God with what is on our heart. "We should respond to what God has revealed to us no matter how big or small, by having a conversation with Him about it" (*FF Parent Guide, Vol IV*, p.314).
4. **Contemplatio** (Contemplate): This may be the most challenging, as it requires silence and listening. Allow God to speak directly to your heart. It is a time to know that God is truly with you; it is a time of surrender where we "place ourselves in God's hands and allow Him to fill us with His love and mercy" (*FF Parent Guide, Vol IV*, p.314).

II. FORMS OF PRAYER– Lesson 11

MAIN IDEAS: “In Scripture, we find five forms of prayer: blessing and adoration, petition, intercession, thanksgiving and praise...The Eucharist expresses all forms of prayer. There is no better way of offering our hearts to God than by inviting Jesus into our hearts in the Blessed Sacrament” (*FF Vol IV Prayer, Parent Guide* p.203).

Five Forms of Prayer: Blessing and Adoration, Petition, Intercession, Thanksgiving, and Praise.

BLESSING AND ADORATION: Blessing and Adoration is a way of worshiping God.

Vocabulary	Definition	In other words...
Blessing and Adoration	Blessing is a form of prayer that is the basic movement of Christian Prayer: an encounter between God and the human person. Adoration is the form of prayer that is the attitude of the human person before God acknowledging that God is his/her Creator.	In blessing, there is a “two-step movement. First God gives us a gift and then we respond with joy and gratitude” (<i>Catholic Faith Handbook for Youth</i> , p.315). Adoration is having an attitude of humility understanding that God is our Creator and that he blesses us.

- In Blessing, “God first blesses us, and we send our prayers up to Him, blessing Him and asking for His blessing upon us” (*FF Parent Guide, Vol IV*, p.315).
- Adoration is an attitude of humility where we acknowledge that God is our creator and we are his creatures.
- “We can only receive God’s blessing and respond with blessing in return when our heart’s attitude is that of adoration” (*FF Parent Guide, Vol IV*, p.315).

Mass Connection: We bless God many times during Mass (Just before the Gospel is proclaimed we say “Glory to you, O Lord”; in the Liturgy of the Eucharist we say “Blessed are you, O Lord of all creation”; in the Eucharist Prayer we say or sing “Holy, Holy, Holy”, etc.).

PRAYER OF PETITION

Vocabulary	Definition	In other words...
Petition	The form of prayer in which we ask God for good things, including our needs and our wants.	We ask God for our own needs and wants.

1. **Acknowledge that we are sinners before God:** In petition, “we acknowledge that we are God’s creatures who have sinned and who are in need of His divine assistance. This acknowledgment is an important part of the proper ‘attitude of the heart’ that we must have whenever we pray” (*FF Parent Guide, Vol IV*, p.315).
2. **Seek God’s forgiveness:** We seek God’s forgiveness before asking something of Him.
 - **Mass Connection:** We seek God’s forgiveness at the beginning of Mass during the Penitential Rite. We respond “Lord, have mercy, Christ, have mercy, Lord, have mercy.”
3. **Make our requests to God:** The Christian prayer of petition “is centered on the desire and search for the Kingdom to come, in keeping with the teaching of Christ” (CCC 2632). This is expressed in the petition of the Our Father “Thy Kingdom come.” We pray for the coming of the Kingdom of God as well as our daily needs and concerns. We, however, ask for these needs in relationship to the coming of the Kingdom of God.

PRAYER OF INTERCESSION

Vocabulary	Definition	In other words...
Intercession	The form of prayer in which we petition for the needs of others.	We ask God for His help in meeting the needs of others.

Intercession focuses our requests on the needs of others.

Intercession is a way of imitating Christ. The Catechism defines intercession as “a prayer of petition which leads us to pray as Jesus did. He is the one intercessor with the Father on behalf of all men, especially sinners” (CCC 2634). We participate in Christ’s ministry when we pray for others. “To intercede through prayer means to stand between a person and God asking for the things that this person needs. We become a bridge to God, through prayer for one another” (*FF Parent Guide, Vol IV, p.316*).

PRAYER OF THANKSGIVING

Vocabulary	Definition	In other words...
Thanksgiving	The form of prayer in which we give thanks to God for every gift He has given us.	In Thanksgiving, we thank God for the many ways He blesses us.

“In all circumstances give thanks, for this is the will of God for you in Christ Jesus” (1 Thessalonians 5:18).

Faith: Because we have faith, we can give thanks to God for listening and answering our prayers, even as we ask them. It is through our faith that God reveals in His Word “the truth that God loves us, hears our prayers, and desires to answer them according to His will. Because we have faith, we can always give thanks as we pray” (*FF Parent Guide, Vol IV, p.316*).

Difficulty in understanding God’s answers to our prayers: Sometimes when we experience difficulty in life, we can be tempted to think God has not heard our prayers or that he doesn’t love us. “Only in faith, which does not see and yet believes, can we trust in God’s loving plan in answering our prayers. When we give thanks to God, we are participating in Christ’s thanksgiving, which is expressed most fully in the Eucharist” (*FF Parent Guide, Vol IV, p.316*).

PRAYER OF PRAISE

Vocabulary	Definition	In other words...
Praise	The form of prayer in which we celebrate God’s goodness.	We express God’s goodness.

As the Catechism explains, “Praise is the form of prayer which recognizes most immediately that God is God. It lauds God for his own sake and gives him glory, quite beyond what he does, but simply because HE IS” (CCC 2639).

Mass Connection: Early in the Mass, we pray the *Gloria*, which begins with “Glory to God in the highest.” At this point in the Mass we join the heavenly choir who sings forever of God’s goodness. This is prayer that should always be on our hearts.

THE SACRAMENT OF THE EUCHARIST: The Eucharist expresses all forms of prayer. “It is a pure offering of thanksgiving and adoration that glorifies God. It is a sacrifice of praise that satisfies our needs. There is no better way of offering our hearts to God than by inviting Jesus into our hearts in the Blessed Sacrament” (*FF Parent Guide, Vol IV, p.316*).

Hook Questions for Children and Youth on Praying with Scripture:

- Have you ever prayed with the Bible?
- If you have never done it, what do you think it would be like to read from the Bible, a story, while imagining that you are part of the story or that you are actually there?
- What are some ways that God is revealed in Scripture? What do you know about God based on Scripture?

Hook Questions for Children and Youth on Forms of Prayer:

- How does prayer bring about a friendship with God?

FAMILY CHALLENGE – Try one or both of the following:

1. ***Lectio Divina***– This can be done either by using the guide included in the notes and selecting a Scriptural passage of your choice or by listening to the ***Hallow*** App. Discuss as a family what you experienced.
2. ***The Holy Rosary***–You can use the guide provided at the parent session or by Google searching “Rosary <day of the week> and Kristins Crosses” and they have a great daily rosary on YouTube. You can also find the Rosary on the ***Hallow*** App. It tells you what the mystery that you are to meditate on for each decade of the rosary, along with the fruit of that mystery. The pace is excellent!

IN SUMMARY:

- Praying with Scripture is entering into a dialogue (or conversation) with God.
- There are psalms of praise, thanksgiving, lament, wisdom, and royal psalms.
- The Church helps sanctify our whole day with the Liturgy of the Hours.
- We should worship God with blessing and adoration, thanksgiving and praise.
- We should pray to God for our needs (petition) and the needs of others (intercession).