



### LESSONS 3 and 4 CONTENT GOALS FOR NOVEMBER:

- ☐ Recite this month's Scripture Memorization
  - "Lord, teach us to pray." (Luke 11:1)
- ☐ Define the following:
  - Conversion
  - Faith
  - Watchfulness
  - The Lord's Prayer
  - Gospel
  - Heaven
- ☐ Describe the three keys to prayer: Conversion, Faith, and Watchfulness
- ☐ Explain why the Our Father is a fundamental Christian prayer
- ☐ Understand that we are all sons and daughters of God.
- ☐ Describe how Jesus prayed
- ☐ Describe what it means when we call God "our Father"
- ☐ Tell the Story of Our Lady of the Miraculous Medal.
- ☐ Tell the Story of St. Leo the Great.
- ☐ **ALL: Complete your Monthly Prayer Board Activity!**

## I. JESUS TEACHES US HOW TO PRAY – Lesson 3

**MAIN IDEAS:** “Jesus teaches us how to pray. When we read the Gospels, we can examine how Jesus prayed, and therefore learn how to imitate Him. The secret source of Jesus’ prayer is His intimate relationship with His Father in Heaven. When Jesus prays to His father, He begins with thanksgiving and acknowledgment that His Father hears Him, thereby teaching us that God always hears our prayers. Jesus also shows us that the life of prayer calls for three keys to prayer: conversion, faith, and watchfulness.” (*FF Parent Guide, Vol IV, p.56*).

**How did Jesus Pray:** Jesus first learned to pray from His parents Mary and Joseph

- By their overt teaching of prayers and traditions
- By their example and modeling of prayer

Jesus had an intimate connection with God the Father as we learned when he was 12 and was found in the Temple. This was his secret source of prayer.

Jesus prayed to the Father at decisive moments for strength and direction. Some key moments:

- Jesus prayed at the beginning of his ministry at his Baptism when God the Father called Jesus his Beloved Son.
- Jesus spent 40 days in the desert fasting and praying before he began his public ministry of preaching, teaching, and healing.
- Jesus’ Transfiguration when the Father revealed to Peter, John and James the Sonship of Jesus to His Father.

“When Jesus prayed to His Father, He began with thanksgiving and an acknowledgment that His Father heard Him. He taught us that God always hears our prayers, and that we should thank God before the prayer is even answered. Our love for God and our trust in Him is a greater treasure than the answered prayer” (*FF Parent Guide, Vol IV, p.292*).

**Jesus showed us that the life of prayer calls for three keys to prayer:  
Conversion, Faith, and watchfulness.**

Vocabulary Word	Definition
Keys of Prayer:	They are conversion, faith, and watchfulness.

Vocabulary Word	Definition	In other words...
1. Conversion	The changing of one’s heart, mind, and actions as a result of encountering God’s grace.	“A profound change of heart, turning away from sin and toward God” ( <i>Catholic Faith Handbook for Youth, p.406</i> ).

How else could we describe conversion?

Have you ever experienced a moment of conversion in your own life?

**Conversion of Heart:** The state of our heart is what defines conversion and is what matters the most in prayer. Jesus warned the Pharisees that people can have the right words and actions, but lack the conversion of heart.

Vocabulary	Definition	In other words...
<b>2. Faith</b>	The gift from God by which we are sure of what we hope for and certain of what we do not see.	"In general, belief in the existence of God. For Christians, the gift of God by which one freely accepts God's full Revelation in Jesus Christ. It is a matter of both the head (acceptance of Church teaching regarding the revelation of God) and heart (love of God and neighbor as a response to God's first loving us)" ( <i>Catholic Faith Handbook for Youth</i> , p. 409).

**"Once committed to conversion, the heart learns to pray in faith"**  
(*Catechism of the Catholic Church* 2609).

"Through the grace of God we can hope for and believe in all things that God has revealed to us, even though we cannot see or sometimes even understand them. This kind of faith is a gift from God and is readily available to all who truly desire it" (*FF Parent Guide, Vol IV*, p.293).

We must always pray in accordance with the Father's will. "We are assured that God will answer those prayers that are in accord with His perfect will" (*FF Leader Guide, Vol IV*, p.37).

Vocabulary	Definition	In other words...
<b>3. Watchfulness</b>	Living each and every day as if it were the day that Jesus would come again, and fighting the daily battle against evil.	Being ready for Jesus to come again; living your life accordingly.

"We must live every moment of our lives as if God was to come again in glory today, to judge the living and the dead" (*FF Leader Guide, Vol IV*, p.37).

"Because of our tendency toward sin, choosing the good is not always easy. In fact, sometimes it is very difficult. We have only to look within our own hearts to see the struggle within ourselves. Jesus urges us to pray for the strength to overcome that temptation" (*FF Parent Guide, Vol IV*, p.293-294). We should pray each and every day for the grace to overcome temptation and in order to do that good that we have been called to do.

**HOOK QUESTION FOR YOUR CHILDREN:** How do you think Jesus learned to pray?

**OLDER KIDS:** What is the difference between saying prayers with just words versus praying with faith and your whole heart? How does it feel different?

## II. OUR FATHER: THE SUMMARY OF THE WHOLE GOSPEL – Lesson 4

**MAIN IDEAS:** “The disciples asked Jesus to teach them how to pray. In response to their request, Jesus gave them the Our Father, also known as the Lord’s Prayer. The Our Father is the fundamental Christian prayer; it is the prayer given to us by the Lord Himself. The Our Father teaches us to ask for those things that we need in order to live as sons and daughters of God. When we pray the Our Father with our hearts that have experienced conversion, we enter into the mystery of the covenant with our God. That is why we can say that the Lord’s Prayer is at the center of Scripture, and is the prayer of the Church.” (*FF Vol IV Prayer, Parent Guide p.57*).

The disciples witnessed Jesus in prayer and asked for Him to teach them how to pray. He, in turn, taught the disciples *The Lords Prayer* or *The Our Father*.

What does this say about how we should pray in front of our children and grandchildren?

Word	Definition	In Other Words...
The Lord’s Prayer	The prayer that Jesus taught His disciples during His Sermon on the Mount. This prayer is also known as the Our Father.	Prayer also known as the Our Father; it has seven petitions to our Father; it is the Summary of the whole gospel.

The Lord’s Prayer is a Summary of the whole Gospel: “Jesus gave us the Our Father to teach us what we need in order to live as sons and daughters of God. The Our Father shares with us the ‘Good News’ that we are the children of God, which is the message of the Gospel” (*FF Vol IV Prayer, Leader Guide p.37*).

Word	Definition	In Other Words...
Gospel	The word Gospel means “Good News.” Jesus preached the Gospel, which is the message of our salvation. Through Jesus’ Death and Resurrection we are made children of God.	“Good News” specifically in reference to the “Revelation of God in and through Jesus Christ, proclaimed initially by Him, then by the Apostles, and now by the Church; also refers to the four books of the New Testament that focus on the person, life, teachings, death, and Resurrection of Jesus” ( <i>Catholic Faith Handbook for Youth, p.411</i> ).

**“OUR FATHER”:** The most radical revelation in the Our Father Prayer occurs when “Jesus calls God His Father and asks us to do the same. The God who in the Old Testament was shrouded in mystery, and whose name the Hebrew people were not even allowed to pronounce, is now revealed as our Father” (*FF Vol IV Prayer, Leader Guide p.37*).

What does this mean that God is Our Father? We enter into a familial relationship Him as His adopted children. “He loves us and desires our love, and wishes for what is truly best for us” (*FF Vol IV Prayer, Leader Guide p.37*).

“Only in the power of the Holy Spirit can we truly call God our Father. The Catechism explains, ‘Jesus not only gives us the words of our filial prayer; at the same time he gives us the Spirit by whom these words become in us “spirit and life”’ (2766). This Spirit, sent into our hearts by God the Father, cries out, ‘Abba, Father!’ (Galatians 4:6). The term ‘Abba’ is a term of intimacy, and God invites us to enter into a familial relationship with Him” (*FF Vol IV Prayer, Parent Guide p.295-296*).

Because God is our Father, we should behave as such. By saying “Our Father,” we acknowledge that we are His sons and daughters, with the dignity of his children. When we recognize this dignity, we should desire to become more like Him.  
-We become God’s children through the Sacrament of Baptism.

**Our Father:** We pray “our Father” not “my Father” as a way of expressing our unity in faith with all other believers who have been baptized. “We are indeed ‘one body,’ and like the early Church, we should yearn for unity in the body of Christ” (*FF Vol IV Prayer, Leader Guide p.38*).

**Who Art In Heaven:** “In the Our Father, Heaven doesn’t refer to a specific place; rather it is a way of being. To be in heaven means to look upon the holiness and sacredness of God. Heaven is our true homeland, toward which we are journeying. Because God is our Father, He desires us to enter into His home to be truly united with Him in love” (*FF Vol IV Prayer, Leader Guide p.38*).

Word	Definition	In Other Words...
Heaven	Our true homeland where we look upon the holiness and sacredness of God.	“Traditionally the dwelling place of God and the saints, meaning all who are saved. More accurately, not a place but a state of eternal life and union with God, in which one experiences full happiness and satisfaction of the deepest human longings” ( <i>Catholic Faith Handbook for Youth, p.411</i> ).

**HOOK QUESTION FOR YOUR CHILDREN:** What do you think it means to pray to the Father?

**OLDER KIDS:** What do you think it means to say “Our Father” versus “My Father”?

## IN SUMMARY:

- Jesus taught us how to pray.
- The three keys to prayer are conversion, faith, and watchfulness.
- Jesus gave us the Our Father
- The Our Father is the summary of the whole Gospel.
- God is our Father and we are His children.