

Lesson Five Preparation: Matthew 6:5-14

Prayer: Conversation with God

Lesson Supplies

Catholic Children's Bible with table of contents page marked (page 3)

Journal for each family member and writing supplies

Videos cued up on your device

Objectives

- Faith is our response to God's self-revelation.
- Faith is personal faithfulness to God and to everything he has revealed.
- Prayer is raising one's mind and heart to God by talking to God like a friend.

Read

From the Bible

Matthew 6:5-14

From the *Catechism of the Catholic Church*

God calls man first. Man may forget his Creator or hide far from his face; he may run after idols or accuse the deity of having abandoned him; yet the living and true God tirelessly calls each person to that mysterious encounter known as prayer. In prayer, the faithful God's initiative of love always comes first; our own first step is always a response. As God gradually reveals himself and reveals man to himself, prayer appears as a reciprocal call, a covenant drama. Through words and actions, this drama engages the heart. It unfolds throughout the whole history of salvation. (*Catechism of the Catholic Church*, paragraph 2567)

From the *Compendium to the Catechism of the Catholic Church*

Read questions [25-32](#), [534-577](#). This will take 15 minutes.

Watch

[God's Story: Prayer](#) (4:35)

[Dan Stevers – Prayer Intro](#) (2:35)

[Are you Listening](#) (1:33)

[What is Lectio Divina](#) (4:29)

Reflect

Prayer is conversation with God. But too often we approach prayer in a mechanistic way. We even talk about it this way: "I said my prayers today." But did you pray your prayers?

Conversation with God does not always have to involve words. Just like in our human interactions, a large part of communication is non-verbal. With other people, the non-verbal communication is body language and tone of voice. With God, our non-verbal communication might be called our heart. Is your heart in in when you pray, or are they just empty words? Do you pray with feeling?

The great prayers of our faith (the Our Father, the Hail Mary, the Glory Be, etc.) are excellent tools to learn the language of prayer. They show us ways of addressing God and ways to phrase certain requests. They also help us to pray together since everyone can say the same prayer together.

But they are not supposed to be the fullness of your prayer. What would happen if you only ever spoke to your spouse and children with formulaic phrases once each day?

Lesson Five: Matthew 6:5-14

Prayer: Conversation with God

Lesson Summary

Faith is believing in God and in everything he reveals to us.

Prayer is conversation with God.

Prayer is what makes your relationship with God a real friendship.

Pray

1. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
2. Who or what would you like to pray for today?
3. Our Father (*Catholic Children's Bible* page 1992)

Read

Matthew 6:5-14 – Teaching about Prayer

- Read the passage slowly and out loud at least three times, maybe taking turns.
- Pay attention for a word or phrase that sticks out to you.
- In your journal, write about that word or phrase. Use some of the suggested journal prompts if you need help.

Reflect

Prayer is a real conversation with God. It involves both talking and listening. That is why Jesus told us to pray in secret, in our rooms with the door closed. It's hard to have a real conversation with someone else when you can't hear them.

Here's something to consider. If you talk to your friends the way you talk to God, would you have any friends? If you talk to God the way you talk to your friends, how awesome could that be?

When Jesus taught us the Lord's Prayer (the Our Father), he was giving us ways to pray and phrases to use. The first part of the prayer addresses God, and the second part deals with our legitimate needs.

Watch

- [God's Story: Prayer](#) (4:35)
- [Are you Listening](#) (1:33)
- [Dan Stevers – Prayer Intro](#) (2:35)
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Discuss

- How do you pray as a family? How do you pray by yourself?
- What are good times throughout your day that you can pray?
- How can you as a family encourage each other to pray?

Salvation History

Sometime this week, read **God Makes a Promise with Abraham (Genesis 17:1-9)**, pages 44-45 in the *Catholic Children's Bible*.

Notice how God and Abraham talk to each other like a friend speaks with a friend.

Live

- Add at least one new way to pray at home.
 - Pray before you eat.
 - Pray before you go to bed.
 - Pray while waiting for the school bus.
- Visit the grotto chapel on Tuesdays or Thursdays during Adoration and spend some quiet time with Jesus on the altar. If these days are not good for you, come and sit in the Grotto Chapel and pray. Jesus is always present in the church.
- Pray the Ignatian Examen pray together as a family at the end of your day. Do this as part of your bedtime routine. Find an example [HERE](#).

Lesson Five Supplemental Materials

Prayer: Conversation with God

Lesson Summary Statements

- Faith is responding and entrusting ourselves to God entering relationship with him. It is also assenting to all truths that He has revealed.
- Prayer is raising one mind and heart to God, conversation with God, talking to God as a friend talks with a friend.
- There are 3 types of prayer
 - Vocal prayer: speaking to God using your own words or words written by others
 - Mental prayer: prayerful reflection on scripture or the truths of the faith
 - Contemplation: a high level of prayer that is a gift of God, it is just a simple gaze to God
- Kinds of Prayer: A.C.T.S.
 - Adoration: honoring God for who He is and what He does.
 - Contrition: asking forgiveness for sin
 - Thanksgiving: thanking God for his benefits
 - Supplication: asking God for things for others and ourselves
- Ways to pray
 - Lectio Divina: prayerfully reflecting on scripture
 - Rosary: reflecting on the life of Jesus and Mary as you say Our fathers and Hail Mary's
 - ACTS process: taking time just to adore, ask for forgiveness, thank, and petition God
 - Conversation with God about what is going on in your life at this moment.
 - Prayers from a prayer book
 - Devotions: stations of the cross, novenas, prayers of the saints
- We develop a relationship with God through prayer

More Resources to Answer Your Questions

Videos

- [What does it mean to believe in God](#) (3:17)
- [What is Prayer](#) (5:03)

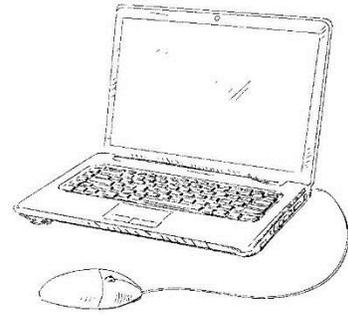
Websites

- [10 ways to pray infographics](#)
- [How to say the rosary](#)
- [Lectio Divina](#)
- [Catholic Answers](#)
- [Credible Catholic](#)
- [Formed.org](#)

Name: _____

Deleting Delia

Delia was typing the Lord's Prayer on her computer. Her finger kept hitting the delete key. Can you help Delia restore the missing words from the prayer? Choose from the words below the box.



Our _____ who art in _____
hallowed be thy _____;
thy kingdom come, thy _____ be done
on _____ as it is in Heaven.
Give us this day our daily _____
and _____ us our trespasses
as we forgive those who trespass _____ us
and _____ us not into temptation
but deliver us from _____. Amen.

Father **forgive** **blessed** **will**
lead **against** **among** **name** **bread**
grace **fruit** **Heaven** **evil** **earth**
Mother



Seek and Find: Look at pages 1460 and 1461 of your Bible. Find the moon on these story pages. Is it a full moon, a half moon, or a crescent moon?

Name: _____

Taking Apart the Lord's Prayer

Write the answers to these questions to better understand the prayer our Lord gave us.

1. Why do we call God "Father"? _____

2. How do we honor God's name? _____

3. What is God's Kingdom like? _____

4. How do we know God's will? _____

5. What can "food we need" mean? _____

6. If we forgive others, what will God do for us? _____

7. What evil do we want to be saved from? _____



Seek and Find: Look at pages 1460 and 1461 of your Bible. What planet is shown in the Tell It! pictures?