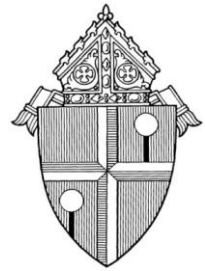


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108: Prayer & Spirituality

FACILITATOR INSTRUCTIONS

Catechist Session I: Prepare for the Journey

Order booklets from RCL Benziger at <http://www.rclbenziger.com> or contact the Office of Religious Education.

Distribute *Prayer & Spirituality*

Pray together using prayer on page 8.

Explain: Prayer and Spirituality explores our relationship with the living God that we call prayer. It places prayer within the context of our spirituality, the name we give to the entire life lived in response to God's call. Prayer and spirituality are our wholehearted "yes" to the mystery of God seeking us. We express this mystery in our creeds, celebrate it in our liturgy, and live it out as we attempt to follow the way of Jesus.

The first segment of the module is a reflection on the meaning of Christian prayer. It is followed by three additional segments, each of which is divided into two parts. Here is an overview of the module topics:

Here is an overview of all four segments:

1. What Is Prayer?

2. How do we Pray?

Part 1: Ways of Prayer

Part 2: Growing in the Spiritual Life

3. The Prayerful Life?

Part 1: Christian Spirituality

Part 2: Reflections on the Spiritual Life

4. The Our Father

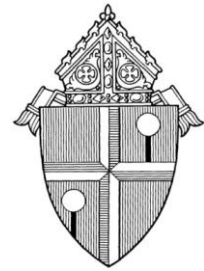
Part 1: A Summary of the Gospel

Part 2: The Seven Petitions

You will find a booklet process for each segment to help you reflect on the DVD content and choose ways to apply what you have learned to your life. Here is the structure you will find:

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- 1. Introduction:** The Goal and objectives for each session, plus an opening reflection question.
- 2. Looking Ahead-Presentation** A video overview for each of the two parts of the segment, plus a space to write comments and questions.
- 3. Looking Back-Reflection:** For each part, three questions to check comprehension and invite dialogue.
- 4. Looking Beyond-Application:** An activity that invites you to imagine a way that you could apply what you have learned to a community experience of prayer.

Following each segment are two features: an enrichment article and space for journaling about prayer.

This module is only a brief introduction to the Christian life of prayer. As you continue to read, study, reflect, and attend classes and workshops, you will grow in knowledge and insight. Formation requires the mutual support of the community. It is best to participate in this module process in a group setting. If you must work independently, find at least one other person with whom you can share your reflections.

Activity and Discussion: Use pages 6 - 7. *This is an important step in getting to know each other before getting into deeper faith sharing.*

After discussion, tell catechists that they will be given two weeks to view the CD and answer all the questions in the booklet.

Catechist Session II: Discussion

*Note: Remember that the CD that comes with the booklet can only be read on a computer. If your parish does not have a computer that can be connected to a project and external speakers, you will need to borrow **Prayer and Spirituality** DVD from the Office of Religious Education. The DVD format may be played on a TV/DVD Combination.*

Greet catechists.

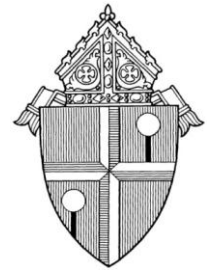
Play video. Stop at the end of each section and have catechists discuss their responses to the questions as a whole group.

Point out the Angelus on page 48 and encourage catechists to incorporate this prayer into their lives.

End the session with *Prayer: The Way of Love* prayer on page 49.

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Page 1

108: Prayer and Spirituality

ASSIGNMENT SHEET

Instructions:

View your ENTIRE booklet, guided by the compact disc located on the back page. The CD works only in a computer, not in a DVD player. Write your answers to all questions, paying particular attention to the following:

Segment 1: What is Prayer?

Page 13

- a. God speaks to us through all of creation. In what ways do you create opportunities in your life to hear the voice of God speaking to you?
- b. Like Mary, our prayer must begin, "Let it be..." What situation in your own life is calling you to speak those words right now?
- c. The Church teaches us that our personal prayer is always joined with the prayer of the community. Describe some times in your life when you have been strengthened by that knowledge.

Page 14

- d. If you wished to encourage others to have a meaningful experience of community prayer, what three suggestions could you give them that could make their time of prayer more fruitful?

Segment 2: How do we Pray?

Part 1: Ways of Prayer

Page 21

- a. Reflecting on your own life of prayer, recall a time when you prayed each of the following kinds of prayer.

Blessing and Adoration

Praise

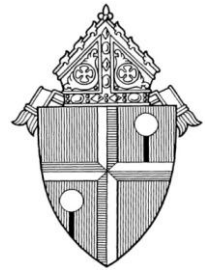
Thanksgiving

Petition

Intercession

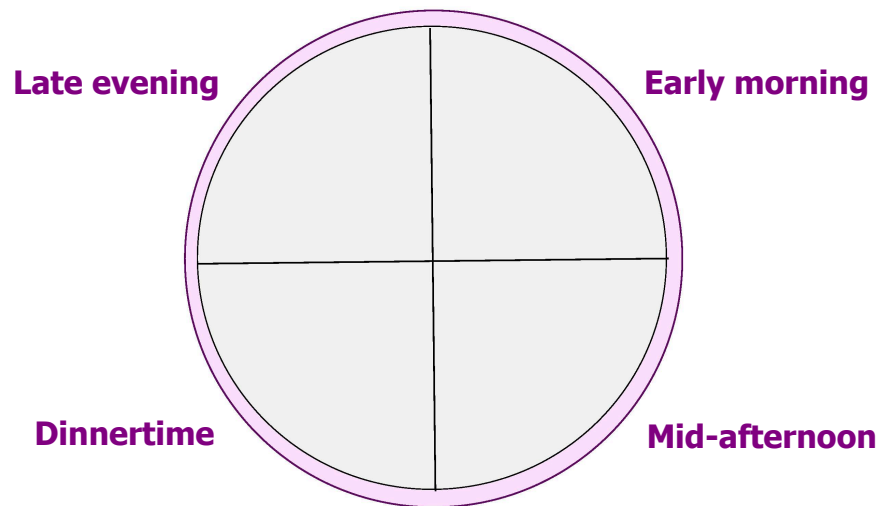
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Page 2

- b. Imagine a typical day in your life. What is going on in your life at each of the following times? Write those activities on the diagram below, and describe what your prayer at those times of day might be.



- c. There are three forms of prayer mentioned on the video: vocal prayer, meditation, and contemplation. Which of these forms have you practiced? Describe your experience of them.

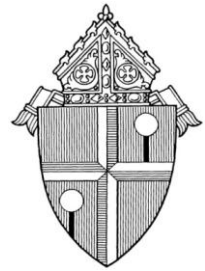
Part 2: Growing in the Spiritual Life

Page 23

- a. Name three obstacles you have encountered in your prayer life. What can you do to overcome these obstacles?
- b. On the video, Sr. Rosa Maria distinguished between knowing God and knowing about God. How do you understand the difference?

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Page 3

- c. Many people create a space for prayer. Describe in words or images the objects, music, and arrangement of space that would enhance your prayer.

Page 24

- d. Think of some descriptive names for God that would be appropriate when you are
- filled with joy.
 - troubled and confused.
 - in need of forgiveness.

Use these names of God and combine them with a prayer response of your choosing to create a litany. Pray this litany with your family or with another group of believers.

Segment 3: The Prayerful Life

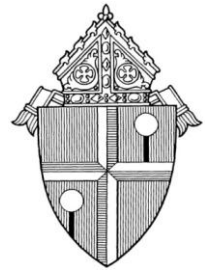
Part 1: Christian Spirituality

Page 31

- a. Consider the three aspects of the spiritual life: prayer, service, and asceticism. Which one of these three "legs" of your spiritual life is most in need of attention? Describe an action you can take to strengthen your spiritual life.
- b. Read the quotation from the *Catechism of the Catholic Church* on the preceding page. In what ways have you seen this statement about the connections between life and prayer validated by your own experience?

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Page 4

- c. The spiritual life is both a personal and communal response to God. Complete the following statements.

The faith community strengthens me by

I strengthen the faith community by

Part 2: Reflections on the Spiritual Life

Page 33

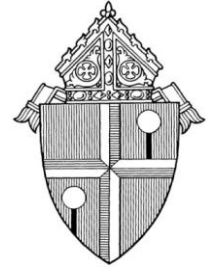
- a. In the video former Governor Gilligan shared several "pages" from his own spiritual journal. If you were to think of your own life of faith as a journal, how would some chapters be titled and what story would they tell? Think of three examples and describe them in this space.
- b. Describe a time when you have been faced with a crisis. What role did prayer play in your life at that time?
- c. Imagine yourself interviewing someone you consider to be a person of prayer. What questions would you ask them about their spiritual life?

Page 34

- d. Choose a symbolic object that has meaning for you and that you could use as a focus for prayer. Discuss with your group how each of you could incorporate your objects into a communal experience of prayer. Summarize the results of your discussion here.

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Page 5

Segment 4: The Our Father

Part 1: A Summary of the Gospel

Page 41

- a. Describe a time when it was easy for you to follow God's will and a time when it was difficult.

- b. Justice is a central aspect of the reign of God. What do you feel called to do in your own life to bring about justice?

In your home?

In your workplace?

In your neighborhood?

Part 2: The Seven Petitions

Page 43

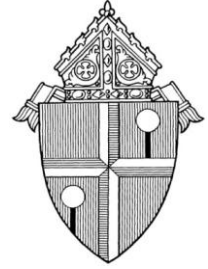
- a. Which is more difficult: to forgive someone or to ask someone for forgiveness? Explain your answer.

- b. The Our Father is a prayer of faith. What are some ways you are living the faith you profess by this prayer?

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Page 6

- c. Illustrate your understanding of one of the petitions of the Our Father using words or images.

Page 44

- d. Recall the most recent time that you prayed the Our Father with a group. Reflect on or discuss with a partner ways that this experience of prayer could have been enriched for all those present.