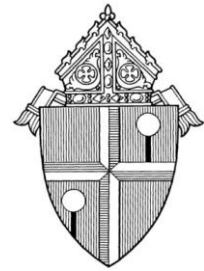


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108: Prayer & Spirituality

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:

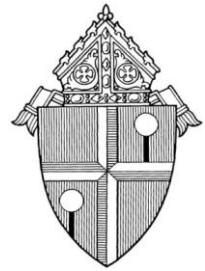
Here is an overview of all four segments:

- 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 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 projector 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.

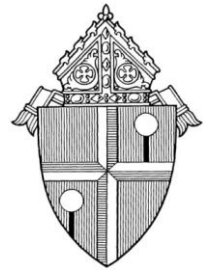
Play video. Stop at the end of each section and have catechists discuss their responses to the questions as a whole group.

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

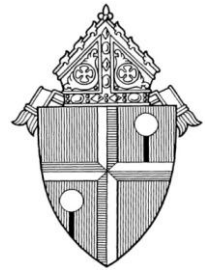
Thanksgiving

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.

Late evening

Early morning

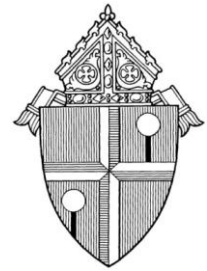
Dinnertime

Mid-afternoon

- 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.

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Page 3

- b. What do you communicate by the way you use Sacred Scripture in prayer, your classroom, and in your home?

Segment 3: What's In the Bible

Part 1: Exodus and Exile

6) Page 29

- a. Why do you think scholars call the story of the Exodus from Egypt the master story of Sacred Scriptures?
- b. Name some recent newspaper headlines that describe people or groups who are still enslaved by their choices or the events of their lives. Then identify some other stories that show people who are trying to liberate others from these kinds of situations. Make two lists in the space below.

STORIES OF SLAVERY

STORIES OF FREEDOM

Part 2: The Story of God's People

7) Page 31

- a. Describe the central message of the Sacred Scripture as if you were speaking to someone with little or no knowledge of the Bible.
- b. The Christian tradition uses the image of the crossing of the Red Sea to describe the significance of the death and Resurrection of Jesus. What is the relationship between these two events?

8) Page 32: *Looking Beyond* activity

- a. What did I learn?
- b. What will I change?

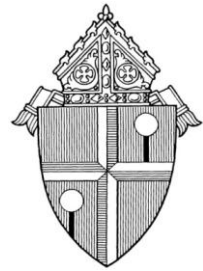
Segment 4: Jesus: The Alpha and the Omega

Part 1: Fulfillment of God's Promise

9) Page 37

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Page 4

- a. In the Gospels, Jesus calls all people to conversion. It can be a dramatic event, but often is a gradual and ongoing turning toward God. Reflecting on your own life, describe three moments that have been moments of conversion for you.
- b. Jesus announced the reign of God. What is your understanding of this biblical concept? Express your thoughts in words or images.

10) Page 39

- a. Look up and read one or more of the following three passages from the New Testament depicting the preaching or writings of the early disciples of Jesus. Then comment on what each of them did to inspire others to conversion.
 - i. Acts 2:22-41 (Peter's Speech at Pentecost)
 - ii. Acts 17: 16 – 31 (Paul Preaches against Idols)
 - iii. Romans 8:28-39 (God's Indomitable Love in Christ)

11) Page 40 *Looking Beyond* activity

- a. What did I learn?
- b. What will I change?