

## Class 5

### The Church: A People of Prayer

Author: Mr. Gregory Hetman

[www.biblegateway.com](http://www.biblegateway.com)

Say a prayer to get them familiar with the different prayers.

**1** For this chapter we're going to be talking about how the Church that was founded by Jesus Christ helps us to pray.

Praying was very important to Jesus

Read the Background: Scripture bottom of page 93 in Teacher's Guide.

**2** Always going off by himself to pray during his ministry

**3** Prayed before he did a miracle asking his Father to bless his miracle.

**4** Praying at the last supper for all to be united to him and the father.

**5** Praying in the garden with no one else before being taken prisoner

For Jesus praying was being in constant contact with his Father. So should we also be in constant contact

St. Paul says we are to pray constantly

As we talk about prayer let's first look at some technology?

**6** A major media company named Johannes Gutenberg the man of the second millennium (the most important man from 1001 to 2000) because he so much improved the ability of man to communicate with one another.

He printed the first Bible which revolutionized our ability to read God's word and communicate with him.

**7** This is prayer. Communication with God.

Raising our hearts and mind to God.

Where did Jesus say is the best place for prayer?

## THE PRAYING CHURCH

**8** The church is one body of Christ constantly praying and raising our voices as one in adoration, thanksgiving, petition, intercession and praise.

Describe the types of prayer above

**9** adoration

**10** thanksgiving

**11** intercession

**12** praise

Ask how the church prays constantly

All around the world!

## THE CHRISTIAN RHYTHM OF PRAYER

We should as close children of our Lord develop a rhythm of prayer meaning we should get into the habit of praying

There are all kinds of circumstance where we should be connecting with our Lord during the normal day.

**13** when you get to be my age you're grateful for waking up in the morning.

**14** it is always nice and wise to thank the Lord for your food every day and it is good to start off the day doing so at breakfast.

**15** I used to ask the Lord for help when I was in school and didn't understand what the teacher was saying about some subject.

**16** Thank god for your friends and fun activities. The Lord wants you to be happy.

**17** Thank god for safe travels whether you go on a long trip or just commuting back and forth between home and school or especially if you are on a long vacation.

Surveys reveal that the most car accidents happen within five minutes or less of a driver's home. Approximately one-third of all car crashes occur between one and five miles of where the driver lives.

Mention being on the 14<sup>th</sup> St. Bridge.

Mention flying and bad engine in Philadelphia.

Mention motorcycle breakdown in FL.

**18** Thank god for your day before you fall off to sleep each night; even if it was bad because you know the next day is going to be better.

**19** The best way to develop this rhythm of prayer during your day is to begin by saying your morning and evening prayers.

It doesn't take that much guys!

Read the Background: Doctrine bottom of page 92 in Teacher's Guide.

### EXPRESSIONS OF PRAYER

Let's talk about the expressions of prayer.

When you are trying to say something to someone you can express yourself in different ways.

Prayer also has different forms of expression

**20** One form of prayer is vocal prayer.

God tells us he loves for us to speak to him and with our vocal prayers we will learn to actually listen to god.

Read slide 20. Expand

**21** Another form of prayer is meditation.

In meditation we silently express what is in our hearts and on our mind. We use our mind and heart and imagination and our emotions and desires to understand and follow what the Lord is asking of us.

**22** Another form of prayer is contemplation.

Contemplation is just being with god, a close sharing of friends, just taking time frequently to be with him and to be alone with him because we understand how much he loves us as an individual person.

**23** Read the Background: Catholic Tradition bottom of page 94 in Teacher's Guide.

Read and expand on the slide. How good it is to say this prayer. How few ever think to say this prayer.

For God to hear this from us brings him great joy because he is then able to bestow on us great mercy.....undeserved favor.

### SOURCES OF CHRISTIAN PRAYER

The prayer of Christians is nourished by sacred scripture (the Bible), the sacraments and the liturgy of the church and through the virtues of faith, hope & charity.

#### Sacred scripture

How is sacred scripture a source for payer or how does it nourish our prayer?

**24** The Bible or Sacred scripture is god speaking to us.

We listen to him speak to us every Sunday during mass and we should pay attention and not let our minds wander.

Jesus said if you love me you'll keep my word. How can you keep his word if you do not even listen to him at mass on Sunday's? God deeply desires to communicate with each of us!

When we listen to the Lord we encounter him and grow to understand him better as to how much he really cares about each and every one of us and the goodness of our lives.

We grow closer to him and want to speak with him more and therefore we talk to him more and pray more to him. So, this is how the Bible strengthens our prayer life.

#### Sacraments and Liturgy of the Church

How are the sacraments and sacred scripture a source for payer or how do these two things nourish our prayer?

**25** Jesus is present in the sacraments like Holy Communion, penance, confirmation and other liturgical celebrations like mass and Stations of the Cross.

When we sense this presence of the Lord in theses liturgical practices we have a desire to speak with him and pray to him.

#### Virtue of Faith

How does the virtue of faith affect our praying?

**26** Your approach to god begins with your faith in him. We believe we meet him in expected and unexpected

ways when we speak with him in response to our faith in him.

Read prayer on slide 26.

When we pray a prayer like this about something very important in our lives we may expect the answer we ask for and then we might be totally surprised by an answer we never expected.

The Lord always wants to do more for us than we ask.

He does this to emphasis his love for us and when we experience these things in our lives we naturally pray more.

### **Virtue of Hope**

How does the virtue of hope affect our praying?

**27** When we express hope in god we can be in a better disposition to wait for God's answer and not demand we see the answer the very next day.

During our need and wait we exercise hope.

This hope brings us joy knowing that God will ultimately help us in our need.

Read prayer on slide 27.

From this prayer it is easy to see that hope in god brings joy and the greater joy the more we want to communicate with the Lord.

So this is how the virtue of hope strengthens us in prayer.

### **Virtue of Love**

How does the virtue of love affect our praying?

**28** Out of Love God invites us to share in the life of the holy trinity.

Out of our love we respond with a yes to this divine invitation.

When we share in the life of the holy trinity we want to be connected even more so we pray more.

Explain slide 28.

How can you not want to pray more to this astounding person who created life, who is life itself, and who is

inviting you to join him in an everlasting blissful existence where he will be to you whatever is your need?

## **ALL GLORY AND HONOR IS YOURS, ALMIGHTY FATHER**

Let's look at this slide 28 a little further.

Christians primarily pray to God the Father, but we pray in Jesus' name through the help of the Holy Spirit.

But, there are times when we pray directly to Jesus to teach us more about god and then...

There are times we pray directly to the Holy Spirit who is the giver of life. Our lives are this holy spirit of god, of life, living within us.

Where do we pray?

**29** Of course we pray when we are in Church because Jesus himself is in our presence in the Blessed Sacrament in the tabernacle.

Expand on the Eucharist and the real presence.

Of course we can pray anywhere we want, anywhere.

**30, 31**

**32** Maybe the best place is a corner in our home.

Elaborate on your prayer corner. A comforting place.

Ask around the table where do they pray?

School?

**33** Prayer and living a Christian life are inseparable!  
Elaborate

## **34 CHRISTIAN MUSIC**

We also pray with music.

From the earliest Christian times Christians have always expressed their faith in music and song.

They expressed feelings not capable with just words.

Mention Dottie's discs in the car.

Mention Moody Blues.

This is another form of prayer

**35** Jesus himself sang hymns with the apostles at the last supper. No Justin Bieber songs I'm sure!

**36** They sang the songs of the Psalms.

**37** You're all familiar with the songs we sing at mass. These songs are another way we pray.

God hears us when we sing to him and hears the words of praise we offer to him.

This is a very good thing to do in life.

**Mention how Father Miller loves to sing and does so to encourage us to sing.**

**38** Gregorian Chant is another prayer song.

It is really very hypnotic, developed around the year 900.

**Ask if anyone has heard this chant?**

**It was a best seller several years ago.**

**Mention you have a disc of Gregorian chant in your car.**

**Father Miller plays this sometimes before the start of mass.**

**39** Classical music is in many instances very spiritual.

**Ask how many are familiar with classical music?**

Handel's Messiah, Beethoven's Symphony #9, Vivaldi was extremely popular and he was a Catholic Priest.

**40** Classical music is one reason why there are so many organs in churches because classical music in the 17<sup>th</sup> & 18<sup>th</sup> centuries inspired people and the preachers wanted people to be inspired when they came to listen to them preach.

**Very elaborate instruments**

**Mention Dianne Worley.**

**Mention you playing Bach on Friday afternoon.**

Music is more than just something in the background to set a mood.

It invites people to participate actively in the liturgy.

It helps us lift our minds and hearts to god in song.

**Read the Background: Liturgy bottom of page 97 in Teacher's Guide.**

## **MEDITATION**

Meditation is another form of prayer.

**41** Meditation is a time you can spend with Jesus, just as if you were with him as being one of the apostles.

Try this for maybe 10 to 15 minutes a day. Give the Lord some of your time and devotion.

He will surely teach you in the way you are to live according to his design.

This is easy to do and here are some suggestions as to how to meditate on Jesus.

**42** **read slide 42 and expand on each item.**

**If necessary red Teaching Tip on bottom of page 98 in Teacher's Guide and also page 99.**

**After reading page 99 elaborate on your sunroom with sunrise and music and coffee.**

## **IF TIME REVIEW VOCABULARY AND MAIN IDEAS.**