

Class 6
The Prayer of the Church
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1 Say a prayer to get them familiar with the different prayers.

2 For this chapter we're going to be talking about the importance of prayer.

Especially daily prayer!! How awful, right, what could be more boring and a waste of time.

Ask them what prayer is.

It is communicating with the creator god.

Where you express your thoughts, questions, desires, fears, requests, thanksgiving for things he has given you and simple praise for who he is.

There are prayers of praise.

There are prayers of thanksgiving.

There are prayers of supplication.

Just like healthy food and exercise are extremely important to the body, so is regular prayer healthy for the soul.

3 if you do not give your body healthy food and exercise you can wind up looking like this.

4 If you do not give your mind over to the lord in prayer your soul could wind up looking like this.

A very hateful spirit.

A very lonely spirit.

A very fearful spirit.

A very trapped spirit, trapped in your environment hating everything.

Might this be the spirit you are headed for by ignoring god and ignoring any communication with him.

You can easily wind up this way by ignoring prayer.

This type of inner spirit begins to show itself to other people the longer this spirit lives within you.

It shows in your speech with others, it shows in your behavior.

It shows in the way you respond to others.

No one can see this spirit within you but god.

He knows the condition of your spirit.

This is the condition of men who go into crowds with guns and kill as many people as they can before they take their own lives.

Then what do you suppose happens to them?

This kind of spirit shows in the people who hate god and want nothing to do with him and avoid communication (prayer) with him at any cost.

They say by their actions, God, get out of my life.

But, you can trust God will pursue you through the Holy Spirit until you recognize him, he will not abandon him, even though you have abandoned him.

But if you die in this condition, what happens?

5 Think about during the day how we spend time with our families and with our school friends and teachers.

Think, what would a day be like without these people in our life?

They are critically important to our lives, to our wellbeing, to our sanity!

If we didn't have these people in our lives, what would life be like?

6 Think about the lives of men and women who have been sent to jail for many years.

How do you think it goes for them spending time alone in their cell.

Talk about your time in prisons.

Getting locked in a cell.

Going up the escalator in Gaithersburg.

Going up the elevator in the big house.

Listening to the men cry out the bars at night.

Have you ever listened to the stories of the men who have had to experience this?

7 Is not your creator also an important part of your lives?

We must also spend time with God. That is what prayer is all about.

He must become an important part of your life and enter your life every day.

If god made you to love you and give you a great existence how do you think he feels when you want to run from him when he speaks to you.....

Or when you always ignore him.

If you do not pay attention to him, he will seek you and maybe allow some troubling things to enter your life which will ultimately draw you back to him.

Get rid of these difficult times in your life or avoid them by spending some time with god in prayer.

He sincerely desires to hear from you,

He sincerely desires to hear from every soul he has ever breathed life into.

He can listen to every soul ever created because he is infinite and he is god.

But, be careful how you pray.

There can be unhealthy prayer such as this. **8**
(unhealthy prayer)

Make sure all your prayers are healthy prayers such as this. **9** (healthy prayer)

On the surface this might look like an unhealthy prayer given what is being asked.

But, it is healthy...Ask why.....because it is asking for guidance.

10 your prayers can be a waste of time if they do not focus on the communication between you and your creator.

Be careful that your mind does not wander off to other things.

Keep in mind who you are talking to.

junk in ...junk out

The less effective and honest and sincere your prayers are to god the less effective might be his response to you.

Remember he is a person and would like to be treated with respect.

11 Prayer is so important to god he provokes us to pray by the Holy Spirit living within us.

Expand on the Holy spirit within you making you think thoughts of god.

12 For you, what would be the most convenient time of the day to pray?

Think about this.

All time is good for prayer.

Tell story of your Yankee game.

Tell about asking about parking space.

Tell about operation.

Tell about wanting a son.

CHRISTIAN PRAYER

13 God really begins the prayer between him and us.

He does this through the Holy Spirit making us want to pray.

Even if we do not know what to say he helps us with the expressions we need to utter.

Read blue words, page 40 in text book.

These groanings are the spirit communicating our hearts and needs to the Father for us.

Prayer as Covenant

14 He is with us every moment of our lives, even when we sleep. This relationship of union with us is a covenant.

Prayer is an expression of that covenant.

A covenant means God is always with us no matter what we are doing.

15 If he is always with us, always, is a good time to pray. Like eating breakfast, a good reason and time to say thank you.

Traveling to school, keep me safe lord. Especially on a plane.

Working in school, help me to understand what is being taught lord.

16 Playing sports after school.

Thank you for this fun and entertainment lord.

Yes, even playing video games,

I know that sounds ridiculous but god loves fun too, who do you think invented fun.

Look at all the different kinds of animals he created.

17 He is with us even when we sleep.

Discuss guardian angels.

18 read slide

What does all this mean?

19 He is accessible 24/7/365

Who else is this accessible?

Think of all the important people who you cannot just go up to and start talking.

The king of the universe is always accessible to us, with no one else listening in.

20 Ever try to get help from the government?

Social Security, IRS.

Prayer as Communion

21 Prayer is a sign that this covenant relationship is alive within us and demonstrates that we are his child and he is our Father.

When we have this dialogue with God it shows this covenant relationship is alive and well.

What happens if this relationship is not alive but dead, what are the consequences? Recall non-healthy diet **22**

This, is the state of most people.

Mention the world's richest man.

OBSTACLES OF PRAYER

It takes some work to pray. Why is this a struggle?

23 Here are some reasons.

1. We misunderstand what prayer is.
We think we do not have time to pray
We think it does nothing for us so why pray, no results, test me Jesus says
We think it is a waste of time where we could be doing something better
Distractions, (we'll discuss this shortly because it is so important)
Short time Pleasure vs. long term joy
What is better than speaking with the creator of all things?
We think it is some sort of duty that we must do, otherwise if we do not pray we'll be punished.

24

2. We become discouraged when we do not see results.
Have any of you ever prayed for something and not received it.
He gives us what we need and not what we want
Give example of dog wanting a broken bottle after playing with plastic bottle
Mention St. Monica, 30 years of prayer for St. Augustine.

25

3. We are too busy and distracted.
Ask what is a distraction to prayer?
Video games, phone time, TV, listening to music, watching sports.....idleness
Most people, to my way of thinking, seek to be distracted at mass and think of anything but the

reason why they are at mass....to give thanks and praise and attention to almighty god.

4. Satan is a distraction too. **26**

Mention Donald Pleasance as Satan

27 Prayer helps us see God in the people around us and in the everyday events of our lives.

Have you ever perceived the Lord when dealing with other people?

What about news stories seeing missionaries doing good

Mention your experience with communion and people in their homes

MODELS OF PRAYER

There are many examples of people praying in the Bible and we see how they prayed and overcame obstacles.

Abraham

28 Abraham and Sarah listened to God in Prayer and they moved away from their home trusting God to find them a better home.

Genesis 12:4

“So Abram went, as the LORD had told him; and Lot went with him. Abram was seventy-five years old when he set out from Harran.”

Listening to God in prayer can affect and change your entire life

Moses

29 Moses met God in the burning bush. All the dialogue between God and Moses (prayer) changed his life.

Exodus 33:11

“The LORD would speak to Moses face to face, as one speaks to a friend. Then Moses would return to the camp and follow the lord the rest of his life.” His life was completely changed as many others.

Prayer with God can motivate you to do great things in life.

Explain what Moses did.

David

30 David made plans to build a temple where people would come to God and pray.

2 Samuel 7:18-29

“LORD Almighty, God of Israel, you have revealed this to your servant, saying, ‘I will build a house for you.’ So your servant has found courage to pray this prayer to you. ²⁸Sovereign LORD, you are God! Your covenant is trustworthy, and you have promised these good things to your servant. ²⁹Now be pleased to bless the house of your servant, that it may continue forever in your sight; for you, Sovereign LORD, have spoken, and with your blessing the house of your servant will be blessed forever.”

The Prophets

Explain the role of the prophets

31 Prophets like Isaiah & Jeremiah were always speaking with God for the purpose of teaching the people who God was and why it was important for their lives to follow him and live according to his laws and ways.

The job of the prophets was to refocus the lives of the Jewish people back to living a God centered life when they wandered away from this God centered life.

32 Explain the veil in the temple being torn in two

Mary

33 Mary is a model of prayer for Christians. She was always speaking with Jesus as his mother.

He listened to her as a child but when he grew to be a man she listened to her son.

It is the way she spoke to him and then listened to him that we must follow.

Speak to God and then listen.

I guarantee an idea will come to you for a solution direct from god.

You may even think it was your idea, but truly it was from the lord.

No one associated with God like Mary before her.

She daily communicated with him and believed in everything he said.

Mary was very much in rhythm with God.

Rhythm, prayer being an inseparable part of our lives,
we cannot live without prayer Like the same breakfast
every day

THE PRAYER OF JESUS

34 Jesus more than any other taught us to pray.

He taught us the Our Father.

35 Go through the our father and dissect, hold off on
this until the end.

36 Jesus taught us God was our “daddy” who was
mostly concerned with the welfare of his children.

Jesus was always speaking with his father and from
these conversations or prayers he gained courage and
wisdom.

When Jesus came to the point of death he asked others
to pray with him and even asked the Father to spare him
what he was to suffer, if it was the Father’s will, but if
not, he would do what the Father asked

Jesus’ life was an entire life of prayer, acknowledging his
Father as the supreme God of the universe, praying for
himself and for others knowing that the Father always
heard whatever he said.

The lord knows everything we think and do!

Depending upon time got to Our Father analysis

THE PRAYER OF THE CHURCH

37 The entire life of the church is a life of prayer,
constantly speaking with him.

This is why we sometimes we refer to the church as a
house of prayer.

St. Paul says, “Pray without ceasing. In all circumstances
give thanks to god for this is his will for us”

Can we pray without ceasing?

Yes, if we consider our functions in life to be the will of
God where we are acting out his will.

Discuss doing everything for god because he wants us
there

Discuss giving talks at Evapco, Jesus standing right
beside you.

THE LITURGY OF THE CHURCH

38 The center of the prayer life of the church is what we
call the liturgy, especially the holy sacrifice of the mass
where we encounter the Eucharist, the body, blood, soul
and divinity of Jesus Christ, the living God.

39 Why do Catholics believe Jesus is present in the
host?-----because Jesus, God, said so, he’s god, he can do
all things.

Leave it to god to come up with a way to be with us
physically, not just next to us but inside us.

Discuss the word awesome

40 We come to mass to praise God.

Discuss picture, mass is a heavenly activity

How often do you think the average person praises god?

What prompts the average person to praise god?

Sunset, ocean view or mountain view or see the birth of a
new born child.

41 We thank him for everything he has given us and
done for us.

How often do you think the average person thanks god?

God is cheered by a grateful heart.

Did you ever do something nice for someone and they
gave you a weak thank you?

This is why we need mass. To make time to praise and
thank god

42 In the liturgy of the mass we listen to his words and
the words of others teaching us about our Father and
Jesus and the Holy Spirit.

If god is far and away the most important thing for life,
where are we going to hear what he has to say to us other
than at mass.

This is why mass is so important and why it is a commandment of god

Liturgical Rites

43 There are several different ways to conduct the mass around the world and each one of them is called a rite. We live within the Roman rite but there are others.

The priests in this slide are in the eastern orthodox rite.

Their masses are about 2 to 2 ½ hours long with lots of signing.

These different rites are according to the local customs of different people around the world.

There are 24 different rites or 24 different ways the liturgy (or holy mass) is performed.

This demonstrates the universality of the Catholic Church, how it is the same around the entire world but with different forms of worship.

How is this accomplished?

The forms of worship are given by the local Bishops who, remember, are the descendants of the original apostles and they follow the leadership of the Pope, the one who represents Jesus in the world.

This is how we keep in line with the precepts and teachings of Jesus no matter where we worship in the world.

The Catholic Church is one united Church.

Singing and Music

44 If we were in a church in Egypt, or Africa, or India, we might not feel comfortable with the way people sing and even dance during mass but remember we are all worshipping the same God with the same ideas and devotion to God.

Mention nuns at the shrine of mother Seaton dancing down the aisle with the gifts.

POPULAR DEVOTIONS

45 There are other liturgies like, the rosary, 40 hours, Stations of the Cross, holy Thursday, Easter vigil, Christmas.

These are all different ways of praying.

Ask how many have ever been to the Stations of the Cross?

Mention plenary indulgence.

SACRED IMAGES

46 The Catholic Church also uses sacred images to help with prayer. We do not pray to the image but to whom or what the image represents.

The pieta, very powerful

47 Angels

48 Stained glass, they told stories

49 Christian paintings

All images point to Christ even if Christ is not in the image because each image manifests some aspect of Jesus and his work of salvation.

Christ crucified

50 These different images are different for different people around the world.

Japanese Mary, even if this is not accurate or true, it is good it inspires others to pray to the lord and have that contact with the lord.

FORMS OF SPIRITUALITY

51 Remember it is the Holy Spirit, God, who stirs up within us the desire to pray and our response to this call is called spirituality.

When we respond to this call to prayer, we become spiritual persons, just as real and vibrant as the physical person we are.

This thing of being filled with the Holy Spirit of God is more real than anything we see, hear, taste smell or feel.

We become one with this spirit, one with god.

He guides every aspect of our life.

Everlasting life in his protective kingdom is the reward for us uniting with God.

There is no one way of spirituality. Not everyone responds to God in the same way.

Here are some examples

52 MONASTIC SPIRITUALITY

This is a form of religious life where men and women live in a community and take vows of poverty, chastity and obedience.

They separate themselves from society and live in isolated communities called monasteries, abbeys or priories.

Their goal is to pursue, under the guidance of specific rules of conduct, a life devoted to prayer and work for the glory of God and the good of the church and the world.

Mention how you've seen these abbeys on TV and how their work is prayer.

Your school work can be used as prayer.

Your mom's work and your dad's work.

Ask what job God gave Adam & Eve.

We'll probably have jobs in heaven, like caring for animals.

53 FRANCISCAN SPIRITUALITY

This way of life is similar to the monastic way of life but the Franciscan put an emphasis on imitating the total obedience and self-giving of Jesus to the Father, as St. Francis did, to live in a way that emphasizes their total dependence on God.

The difference here is that monks live a sheltered life but the Franciscans live in the community...like in the Franciscan center where they actively help people.

54 LAY SPIRITUALITY

Lay spirituality addresses the daily challenges of men and women who live their lives in Christ in the midst of the world.

Even though we live in a family, have a job where we have to work and a school we have to attend we must live this life with God at the center where God is the very heart of all we do.

Our lives should be no different than the monks and priests and nuns and religious, we must live to honor God.

JOURNAL WRITING CHECK TIME

Writing in a journal is a very good way to express ourselves to God by actually putting down our thoughts on paper with words.

This is a way to describe our feelings about events in our day and how you felt God played a part in these events.

These thoughts are very personal and filled with many emotions such as joy, anger, fear, happiness.

To express these thoughts is to share your thoughts and therefore your life with God.

You don't have to write out entire sentences. God knows what you are feeling and trying to say.

Whatever you say, direct it to God for Him to hear and he will respond and be the most important part of your life, which is what he desires to be for all of us, not just important, but everything.

If you want to try this, here are some ideas as to how to get started. Let me know if you'd like these ideas and I'll make a copy for you.

1. **55** Find the right book and pens or pencils and keep them in a special place where it is easy for you to reach and scribble down some thoughts.
2. **56** Establish a routine such as everyday or once or twice a week or maybe even setting aside one night a week just before climbing into bed.
3. **57** Set up a specific time and place where you feel comfortable.
4. **58** Ask the Holy Spirit to enlighten you as to exactly what you want to express to God about what has happened in your life that day or that week.
5. **59** Don't worry about grammar or spelling. Just write quickly to get your important emotions down on paper.

6. **GO** Write about whatever comes into your mind, keep up the dialogue with God and listen to his

response in your heart.

Review VOCABULARY AND MAIN IDEAS.