

Home Study: High School (9th, 10th, 11th)

The Prayer Process

Class Focus:

- To teach students how to pray
- To demonstrate that the way prayer helps is by helping us discover God's will for our lives, and that we cannot ever truly be happy outside of God's will.
- To encourage students to develop a routine of prayer

Materials Needed:

- Access to the decision point videos
- The attached guide
- Reflection materials
- A writing utensil

1. Welcome:

Thank you for taking part in our Catholic Formation Home Study. Our Home Study is meant to be as a family, but you can also complete this home study individually. Our Home Study program will be following along with what the in-person students are doing in their classes, with modifications made. That way, if at any point you choose to change to in-person class, you be on the same schedule as the other students.

- Students should make sure to turn in their reflection sheet to Amy after they complete their class. You can send via email at krolla@lumenchristiparish.org or drop it in the high school bins in our home study area, located to the right of the large staircase leading up to the Church. You can drop it off anytime the Church is open.

2. Class Expectations:

- High school students completing the home study option will be participating in the following once a month:
 - One home study Lesson with reflection sheet to ideally be completed as a family.
 - One small group zoom session (please sign up for your zoom if you have not yet-located on LC website or in your parent's email)

3. Opening & Prayer

Take a moment to quiet yourself. Today we are focusing on prayer. We often find ourselves in the chaos of the world, unable to find peace and quiet. Today we are focusing on finding those quiet moments that help us to grow in our prayer life, connect with God, and become the best versions of ourselves.

We spend hundreds of thousands of hours watching television, connected to social media, checking our phones, and "connecting" to something electronic. How often do we step away from social media or TV and say, "that really helped me become a better version of myself? Probably not that often.

Some things help us to become the best version of yourself and some things don't. Prayer is one of the things that does help.

As a human being, you are a delicate composition of body and soul. You are not just a body. You have a SOUL, and through your life, you will decide to fill your soul with something. The question is: what are you doing to fill your soul with? God or the world? Joy or misery? Peace or turmoil?

You get to decide. In this session, we want to encourage you to nurture your spiritual self, to pay attention to it in a world full of distractions, and to set aside a few minutes each day to spend in quiet prayer.

Prayer: The Serenity Prayer: Pray the following prayer aloud with your family or by yourself.

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Living on day at a time, enjoying one moment at a time, accepting hardships as the pathway to peace, taking, as Jesus did, this sinful world as it is, not as I would have it. Trust that you will make all things right, if I surrender to your will, so that I may be reasonably happy in this life, and supremely happy with you forever in the next. Amen.

Lesson

4. Why Pray: 4.1

Watch the following video from Decision Point:

<https://www.dynamiccatholic.com/confirmation/decision-point-session-4-1.html> and respond to the 4.1 reflection questions. If you are with your family, discuss your journal questions.

Please turn this reflection page in

4.2: The Big Question

Watch video 4.2 Click the button below the video that says next on the Decision point page to move to the next video or click the following link for section 4.2 from Decision Point:

<https://www.dynamiccatholic.com/confirmation/decision-point-session-4-2.html> . Respond to the 4.2 reflection questions. If you are with your family, discuss your journal questions.

Please turn this reflection page in

4.3 The Prayer Process

Think about the following question or discuss it as a family. Has anyone ever really taught you how to pray?

Watch video 4.3 Click the button below the video that says next on the Decision point page to move to the next video or click the following link for section 4.3 from Decision Point:

<https://www.dynamiccatholic.com/confirmation/decision-point-session-4-3.html> . Respond to the 4.3 reflection questions. If you are with your family, discuss your journal questions.

Please turn this reflection page in

4.4 The Best Way to Learn

Watch video 4.4 Click the button below the video that says next on the Decision point page to move to the next video or click the following link for section 4.3 from Decision Point:

<https://www.dynamiccatholic.com/confirmation/decision-point-session-4-4.html>.

***There is an optional reflection page if you would like to write down your prayer. This page does NOT need to be turned in. ***

4.5 Decision Point

Watch video 4.5 Click the button below the video that says next on the Decision point page to move to the next video or click the following link for section 4.5 from Decision Point:

<https://www.dynamiccatholic.com/confirmation/decision-point-session-4-5.html> . Respond to the 4.5 reflection questions. If you are with your family, discuss your journal questions.

Please turn this reflection page in

5. Closing Prayer:

To close class today, pray Psalm 63 located on the last page of your journal sheet. Our prayers in the Catholic Formation Department are with all of you!