

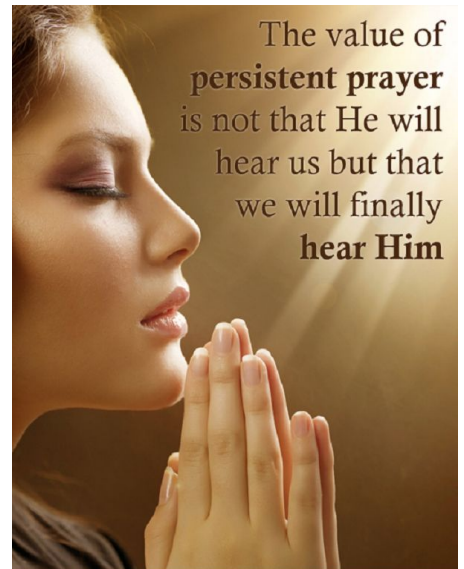
Saint Boniface Parish

Faith Formation Handout – Sunday, August 16th

Twentieth Sunday in Ordinary Time

Matthew 15:21-28

At that time, Jesus withdrew to the region of Tyre and Sidon. And behold, a Canaanite woman of that district came and called out, "Have pity on me, Lord, Son of David! My daughter is tormented by a demon." But Jesus did not say a word in answer to her. Jesus' disciples came and asked him, "Send her away, for she keeps calling out after us." He said in reply, "I was sent only to the lost sheep of the house of Israel." But the woman came and did Jesus homage, saying, "Lord, help me." He said in reply, "It is not right to take the food of the children and throw it to the dogs." She said, "Please, Lord, for even the dogs eat the scraps that fall from the table of their masters." Then Jesus said to her in reply, "O woman, great is your faith! Let it be done for you as you wish." And the woman's daughter was healed from that hour.



How am I persistent in my prayer even when I feel that I am not being heard?

First Grade

God is always with us and hears everything that you say to Him, including what you think in your mind. What are the top five things that you usually talk about when you are praying? Who are the people that you pray for? What are some of the things that you ask God for or to help you with? How has God answered your prayers? How is He with you every day?

Second Grade

Prayer has two parts – speaking and listening – just like every other conversation we have. Are you better at the speaking part or the listening part? Why do you think you are better at that part? Which one do you need to work on more? What can you do to get better at speaking and listening? Why do you think listening to God in prayer is an important part?

Third and Fourth Grades

Sometimes prayer can feel boring because we need to sit quietly. Are you good at sitting quietly or is it something that you can work on? What can you do to work on sitting still more often? When we have trouble sitting still and talking with God it is also difficult to hear Him speaking to us. When was a time that you spoke with God in prayer?

Fifth and Sixth Grades

If we are going to do something well, we need to do it every day and be consistent. That is why we go to work, school and practice almost every day. What sports or hobbies do you want to get better at? How often do you practice? Why is it a good thing to be good at prayer? How will praying every day help us to know God more deeply?

Seventh and Eighth Grades

Being consistent in prayer helps us to build our relationship with God. When would be the best time for you to sit and talk with God every day – in the morning, afternoon or evening? What would stop you from praying every day at the same time? Can you make a commitment to pray at the same time every day this week?

High School and Adults

A wise monk said, "until you believe prayer is the best use of your time, you will not make time for prayer." What do you think he meant by that? How can prayer be the best use of your time? What things are impeding your prayer? If you do not see prayer as the best use of your time, can you pray for the desire to pray more?

For this Week...

We are Catholic always and in everything we do. Throughout the week bring your faith into your school, your work, your play and your family. Here are some ideas for you.

Monday

One reason that we can feel like our prayers are not being heard is because we are not consistent in our prayer, and so don't pay attention to when our prayers are being answered. Today, think through the upcoming week and pick a time that you will be able to stop everything and pray for ten minutes. Mark it on your calendar!

Tuesday

Knowing why we pray is also helpful to know that our prayers are being heard. Prayer is not magic, but it is how we build and live our relationship with God. Today, during your ten minutes of prayer, list the reasons why you have a relationship with God. Is the number one reason love? Talk with Him about what you are feeling and thank Him for things in your life.

Wednesday

Even when we are praying, whether that be every day or once in while, we can begin to feel very distracted. The devil doesn't want you to pray and will try to distract you so that you stop. Today, during your ten minutes of prayer, each time you are distracted write down what distracted you so that you can continue praying and think about it later.

Thursday

Even when the distractions come or we feel that our prayers are not being heard, it is important to stay persistent in prayer, because these distractions are just tricks to get us to stop talking with God. Today, during your ten minutes of prayer, push all the way through to the end and keep praying for five more minutes if you can. Be bold and give your time back to God.

Friday

Sometimes when we feel that our prayers are not being answered, it is because we are not looking back at all that God is doing in our life. Today, during your ten minutes of prayer think back to past prayers and things you have asked God to help with. How did they turn out? Look for how God worked in your life. This will help to better see Him working in your life now.

Saturday

It is not always easy to see how God is answering our prayers, but it can be easier to see how God is working in another person's life. Today, during your ten minutes of prayer, ask God to show you where He is moving in your family and friends' lives. Then, talk with at least one of them and point it out to them. How did helping them see God help you to find Him in your life?

FROM THE CATECHISM...

We learn to pray at certain moments by hearing the Word of the Lord and sharing in His Paschal mystery, but His Spirit is offered to us at all times, in the events of each day, to make prayer spring up from us. Jesus' teaching about praying to the Father is in the same vein as His teaching about providence: time is in the Father's hands; it is in the present that we encounter Him, not yesterday nor tomorrow, but today: 'O that today you would hearken to His voice! Harden not your hearts.'

Catechism of the Catholic Church, 2659

DAILY HOPE
WITH RICK WARREN

EPHESIANS 6:18

**STAY
ALERT
AND BE
PERSISTENT
IN YOUR
PRAYERS.**

Next Week's Readings

Here are the readings for next Sunday so that on Saturday you can read through them. If you take a few minutes to read them and prepare, you will get a lot more from Mass. They are available online at www.usccb.org. Use the calendar on the right.

Isaiah 22:19-23 Psalm 138:1-2,2-3,6,8 Romans 11:33-36 Matthew 16:13-20

This handout was created by the Lynn Catholic Collaborative. For more info on how to use at your parish please email admin@lynncatholic.org