

First Communion Learning Center 5

Prayer

God's family prays together at Mass to praise Him, Thank Him, and ask for His help and forgiveness.

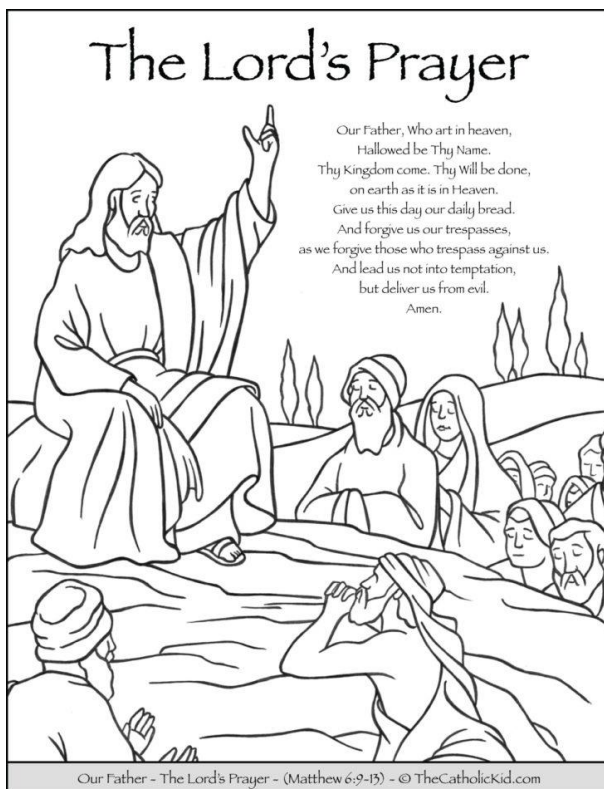
Supplies: (for activity)

Colored paper

Scissors

Glue or stapler

1. Read the Lord's Prayer together (Picture below)
2. Read and discuss the "How to Pray" sheet
3. Talk about the four kinds of prayer:
 - a. **Praise:** Praise is the form of prayer which recognizes most immediately that God is God.
 - b. **Thanksgiving:** Thankfulness is thanking God for what he has given and done.
 - c. **Petition** A prayer of petition is a request to God that asks him to fulfill a need.
 - d. **Contrition:** Repentance is sincere regret or remorse for sin, resolution to avoid sin in the future, and conversion of the heart toward God.
4. Prayer Booklet Activity: Have your child write 4 brief prayers (using the activity sheet). Cut the paper in half along the dotted lines. Fold along the solid lines putting the blank sides together. Use colored construction paper to make a cover, cut to the size of the booklet. Either glue or staple the booklet together. Decorate the cover and use for praying in the morning and evening.



How to Pray

There are many ways to pray.
Remember that when you pray, you talk to God.
You can always talk to God in your own word.
Sometimes, you can use the words of prayers you remember.
You can pray by yourself.
You can pray with you family, too.
You can pray with God's Family in church.

You can pray by listening, too.
Listen to the sound of the wind.
Think of how much God loves you.
Listen to the cars on the street.
Think of all the saints who traveled to tell you and others about Jesus.
Listen to people laughing.
Think about how happy you can make people by following Jesus.



Remember, anytime you pray, Jesus is with you.
You can talk to Mary, our Mother, too.
Ask her to help you become like her Son, Jesus.
Talk to the saints whose stories you have learned.
Ask them to help you follow Jesus.

Thanksgiving

Thank you God, for

Petition

Dear God, please

Contrition

I am sorry God, that I

Praise

God, you are
