

Developing a Daily Habit of Conversing with Christ

Mid-October to end of November (6-week period)

Relate how God has answered a specific prayer

During a session, allow two children, young people, or adults to relate to each other how God has answered a specific prayer. If time permits, some or all of these answered prayers could be shared with the entire group. It is quite moving to hear how God answers our prayers. It will also bond the group in a spiritual way.

Begin and end a Session with Prayer

Begin the Adult Faith Formation / Parish Faith Formation / RCIA Session with the Sign of the Cross and a brief, spontaneous prayer to the Holy Spirit and then the Scripture that is the foundation of the teaching. Close the session by praying the Sign of the Cross, allowing participants to offer prayers of thanksgiving, and praying the Glory Be.

Explain the Meaning of the Words of a Prayer

Explain the gesture and the words of the *Glory Be*. Praying prayers as an obligation becomes a job, boring, rote. To enter into prayer, allow a few moments, even up to 30 seconds of silence for children, young people, and adults to set aside the busyness of the day and to focus on a picture of Christ, a Crucifix, etc. Ask the Holy Spirit to help those gathered to learn how to pray with their heart, praying with reverence and sincerity.

Give a Teaching on Prayer

At least one teaching on Prayer is to be presented during this six-week period. (Various teachings on prayer are available upon request.)

Practical Information on Prayer

The first handout in this series was in the August-September issue of *LaCrosseRoads*. If you do not have the questions on prayer, please contact us. Reiterate the point of setting a specific time when they will pray and commit to a set amount. If students/inquirers/adults are just beginning to pray, they will want to start with a small amount of time, such as 5 or 10 minutes a day. Encourage the participants to begin their designated time with Jesus by praying the *Our Father* and close with the *Glory Be*.

Prayer Journal

Invite participants to write down a few of their petitions. The following week invite them to write down if/how the prayer was answered. This could be continued throughout the year.

Mass is the Highest Form of Prayer

The Mass is the highest form of prayer as we encounter Jesus in hearing His Word from the Bible and receive Him in Holy Communion. Discuss the reason for reverence in Church (e.g., genuflecting), provide a tour of the Church, explain the sacred vessels, explain the sacred art.

Spiritual Reading

Provide everyone with a book that is a simple read, such as the life of a saint or the \$2 books such as "Rediscover Catholicism". An excellent series of saints' books for all ages are by Mary Fabean Windeatt, available from Tan Publishers or the series by Louis de Wohl published by Ignatius Press.