

Grades K-8: Activities for “Learning by Heart” Common Prayers

Note to Catechists: After teaching your grade level’s lesson for Unit #2/ EQ #1/ Part #1 [*How does praying help me know and love Jesus?*], take time---even 1-2 entire class sessions--to break-open/take apart/unpack the “deep *understanding*” of selected prayers. Based on class size, this lesson could be done by combining learners from two adjacent grades.

Catechist Preparation

- ❖ 1 Thessalonians 5:17 – “Pray without ceasing!” – If we as adult Catholics understand that prayer is our awareness of God’s presence in our lives, then we CAN pray without ceasing.
- ❖ Reflect for a few minutes as to what prayer means to you in your life today.
- ❖ “Prayer is formative. Prayer is certainly and foremost our union with God, our openness to God, who loves us beyond words, more than we can even begin to wrap our minds around...Each and every time we pray, we are “formed” [and sometimes “transformed”]; something happens to us. We are changed; our perceptions change; who we are changes. Our prayer changes (and grows). Our relationship with God changes.” [*Prayer from A to Z: For Catechists and Those We Teach*, by Janet Schaeffler, OP. Twenty-Third 23rd Publications, 2011, p.2]

Kindergarten Learning Targets & Age-appropriate Prayers:

- ✓ **[Prayer defined at Grade 1: 1.4.1.1 – Prayer is listening and talking to God. (CCC#2559; 2590)]**
- ✓ K.4.3.2 – God hears the prayers in one’s heart. (CCC#2567)
- ✓ K.4.1.7 – It is loving to pray for others. (CCC-none)
- ✓ K.4.1.1 – Prayer can be used to show love and give thanks to God for his blessings. (CCC#2626-2628; 2644; 2737)
- ✓ K.4.1.2 – Prayer can be used to ask for God’s help and forgiveness. (CCC# 2629; 2631; 2644)
- ✓ K.4.4.2 – People pray with a church family, at home with a family and alone. (CCC# 2590; 2685-2686; 2689; 2691; 2699; 2720; 2757)
- ✓ K.4.4.3 – Families praying together in the morning, before meals, and at bedtime can help develop a love of praying. (CCC#2685; 2698)
- ✓ K.4.1.5 – Catholics pray to God the Father, the Son and the Holy Spirit. (CCC#2659-2660)
- ✓ K.4.2.2 – People pray with words, songs and actions. (CCC#2565; 2590; 2623-2643; 2720)
- ✓ K.4.1.3 – God’s words in the Bible help people to pray. (CCC#2653-2654; 2662)
- ✓ K.4.4.1 – Families and communities have special ways to pray and celebrate. (CCC#1679; 2685; 2688; 2691; 2694; 2699)
- ✓ K.4.2.1 – People pray in many different ways because people have many different needs. (CCC-none)
- ✓ K.2.6.1 – When people pray they can use their own words or the words of the Church. (CCC#2590; 2699-2703; 2720)
- ✓ K.4.3.1 – All prayers are heard by God, even if said by just one person. (CCC#2616; 2620; 2756)
- ✓ **Age-appropriate Prayers - praying before and after meals and explaining why; praying morning and evening prayers and explaining why.**

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Grade 1 Learning Targets & Age-appropriate Prayers:

- ✓ 1.4.1.1 – Prayer is listening and talking to God. (CCC#2559; 2590)
- ✓ 1.4.1.2 – Prayer helps people get closer to God. (CCC#2564-65; 2645)
- ✓ 1.4.3.1 – Daily prayer helps people stay close to God. (CCC#2166; 2676; 2688; 2759)
- ✓ 1.4.1.5 – Catholics are encouraged to pray often. (CCC#2742-43; 2757)
- ✓ 1.4.1.4 – Catholics begin and end prayer with the Sign of the Cross, naming God the Father, God the Son and God the Holy Spirit. (CCC#2157; 2166)
- ✓ 1.4.1.3 – Jesus showed his followers how to pray and taught them the Lord’s Prayer. (CCC#2759; 2763; 2799)
- ✓ 1.4.4.1 – One special place where Christians pray is in their family home. (CCC#2685-94)
- ✓ **Age-appropriate Prayers** - saying and “unpacking” (in age-appropriate language) ALL prayers listed at earlier grades AND the following prayers: *Lord’s Prayer, Hail Mary, Glory Be to the Father, Grace Before Meals, Guardian Angel, and Evening Prayers.*

Grade 2 Learning Targets & Age-appropriate Prayers:

- ✓ 2.4.1.1 – Prayer is communicating with God by speaking and listening. (CCC#2559; 2590)
- ✓ 2.4.2.3 – In prayer, Christians thank God for good things received and ask God for things needed. (CCC#2644; 2648)
- ✓ 2.4.1.3 – The Holy Spirit teaches the children of God to pray. (CCC#2652; 2657; 2661)
- ✓ 2.4.4.1 – Christians pray not only alone, but also with others. (CCC#2559; 2590)
- ✓ 2.4.3.1 – All Christians are called to have a personal prayer life. (CCC#2166; 2676; 2688; 2756)
- ✓ 2.4.2.1 – Prayer involves more than just words. One’s body position (e.g., kneeling, bowing) can be an essential part of praying. (CCC#1153; 1155)
- ✓ 2.4.1.2 – An important daily prayer is the prayer Jesus taught his followers, called the Lord’s Prayer, or the Our Father. (CCC#2759; 2763; 2799)
- ✓ 2.4.2.2 – People can and do pray in many places, including at church, in one’s home, at school or work. Different locations are better suited for different ways of praying. (CCC#2691; 2696)
- ✓ 2.4.3.2 – People are called to find quiet times and special places to pray. (CCC#2691; 2696; 2725; 2729; 2742; 2743; 2744; 2745; 2754; 2757)
- ✓ **Age-appropriate Prayers** – saying and “unpacking” (in age-appropriate language) ALL prayers listed at earlier grades AND the following prayers: *Grace After Meals, Act of Contrition, and Morning Prayers.*

Grade 3 Learning Targets & Age-appropriate Prayers:

- ✓ 3.4.1.1 – Prayer is a conversation with God. (CCC#2559; 2590)
- ✓ 3.4.3.3 – Prayer expressed in one’s own words helps develop a personal relationship with God. (CCC#184-185; 2166; 2676; 2688; 2759)
- ✓ 3.4.1.2 – The Lord’s Prayer, the Our Father, is the most perfect form of prayer. (CCC#2763; 2776)
- ✓ 3.4.4.2 – Jesus promises that when two or more are gathered in his name, that he is present. (CCC#2614-15)
- ✓ 3.4.2.3 – At different times, prayer may be either structured or spontaneous.(CCC# - none)

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- ✓ 3.4.3.1 – People are called to find ways and places to pray daily without distractions. (CCC#2725; 2729; 2754)
- ✓ 3.4.1.3 – The simplest and most direct prayer is "Come Holy Spirit." (CCC#2671)
- ✓ **Age-appropriate Prayers** – saying and “unpacking” (in age-appropriate language) ALL prayers listed at earlier grades AND the following prayer: *Nicene Creed*.

Grade 4 Learning Targets & Age-appropriate Prayers:

- ✓ 4.4.1.1 – Prayer is a conversation with God that God initiates. (CCC#2559; 2567; 2590-91)
- ✓ 4.4.3.2 – One goal for an individual engaged in personal prayer is to come to know God’s will in his or her own life and to come to accept that will. (CCC#2826)
- ✓ 4.4.3.1 – Important times of prayer are in the morning and at night before going to bed. It is particularly appropriate at night prayers to include a look back over the day, seeing times of blessing and times when one fell short, a prayer called an examination of conscience. (CCC#1454; 1785; 2720)
- ✓ 4.4.2.1 – In addition to asking for things for one’s self (petition) or others (intercession) or thanking God for good things received, Christians also praise God for God’s own goodness. (CCC#2639; 2644)
- ✓ 4.4.1.2 – The Trinitarian nature of God affects Catholic understanding of prayer. (CCC# 2565; 2799)
- ✓ 4.4.1.4 – The Lord’s Prayer, the Our Father, is the prayer given to the world by Jesus and is the model of all Christian prayer. (CCC#2765-66; 2798)
- ✓ 4.4.1.3 - Scripture, in particular the life and ministry of Jesus, are key inspirations to Christians. (CCC#2662; 2762-64)
- ✓ **Age-appropriate Prayers** – saying and “unpacking” (in age-appropriate language) ALL prayers listed at earlier grades AND the following prayer: *The Rosary/Joyful Mysteries*

Grade 5 Learning Targets & Age-appropriate Prayers:

- ✓ 5.4.1.1 – Prayer is a conversation with God, begun at God’s initiative, by which hearts and minds are raised to God. (CCC#2559-60; 2590-91)
- ✓ 5.4.3.2 – Praying daily brings one close to God and keeps one from distraction in faith. (CCC#2728; 2754)
- ✓ 5.4.3.1 – Jesus taught his followers to pray at anytime and anywhere; Catholics are called to make prayer a regular part of daily life. (CCC#2659; 2742-43; 2757)
- ✓ 5.4.1.3 – Jesus taught that God always listens to prayers, so they are to be said with humble trust and confidence. (CCC#2609; 2610; 2800)
- ✓ 5.4.1.4 – The Lord’s Prayer, the Our Father, is the prayer that Jesus taught. It is a summary of the Gospel. It is a prayer of praise and petition. (CCC#2761; 2765; 2774; 2807; 2828)
- ✓ 5.4.1.5 – Silence and listening are essential parts of prayer. (CCC#2578; 2716-17; 2724)
- ✓ 5.4.1.2 – All Catholic prayer is Trinitarian in character. One way Catholics demonstrate this is by beginning and ending prayers with the Sign of the Cross. (CCC#2157; 2166)
- ✓ 5.4.2.1 – Prayers can be vocal. The words can be informal (using the words of the individual) or formal (using the prayers of the Catholic heritage including liturgical prayer, Scripture, traditional prayers, devotions). (CCC# 2662; 2701; 2721)

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- ✓ 5.4.2.4 – There are five forms of Christian prayer: blessing and adoration, petition, intercession, thanksgiving, praise. (CCC# 2626; 2629; 2634; 2637; 2639; 2644)
- ✓ 5.4.2.2 – Prayers can be non-vocal. One form of non-vocal prayer is meditation, in which one seeks to understand the Christian life. (CCC#2705; 2721)
- ✓ 5.4.2.3 – Non-vocal prayer can include the use of the senses of sight, touch, taste, and smell. (CCC#2700-04)
- ✓ 5.2.6.1 – The Liturgy of the Hours is the public prayer of the Church. (CCC#1174; 2720)
- ✓ **Age-appropriate Prayers** – saying and “unpacking” (in age-appropriate language) ALL prayers listed at earlier grades AND the following prayer: *The Rosary/ Sorrowful Mysteries*

Grade 6 Learning Targets & Age-appropriate Prayers:

- ✓ 6.4.1.1 – Daily prayer nourishes a relationship with God. (CCC#2698)
- ✓ 6.4.3.4 – Faith and conversion help to keep one constant and attentive in prayer. (CCC#2730-31; 2754)
- ✓ 6.4.3.2 – When praying, Christians place their trust in God, always praying that God's will be done. (CCC#2735; 2738; 2756; 2830; 2861)
- ✓ 6.4.2.2 – Blessing and adoration is a form of prayer in which a person acknowledges the greatness and otherness of God and acknowledges and accepts God's gifts. (CCC#2626-28; 2644)
- ✓ 6.4.2.3 – Prayers of petition, that begin with the acknowledgement of human sinfulness and the need for God's grace, are the form of prayer by which Christians seek the Kingdom of God and bring human needs before God. (CCC#2631-33; 2644)
- ✓ 6.4.2.4 – Prayers of intercession are prayers of petition offered on behalf of another. (CCC#2635; 2644)
- ✓ 6.4.2.5 – Every event and human need can be an object of thanksgiving, the form of prayer by which the Church fully reveals her identity and becomes more fully known. (CCC#2637; 2644)
- ✓ 6.4.2.6 – Prayers of praise are those that honor God for God's own sake and give him glory, not because of what he does, but simply because he is God. (CCC#2639; 2644)
- ✓ 6.4.3.3 – As adopted children of God through baptism, the trust that a Christian has for God is that act of a child to a parent and is therefore called filial trust. (CCC#2734; 2756)
- ✓ **Age-appropriate Prayers** – saying and “unpacking” (in age-appropriate language) ALL prayers listed at earlier grades AND the following prayer: *The Rosary/ Glorious Mysteries; Act of Faith; Act of Hope*

Grade 7 Learning Targets & Age-appropriate Prayers:

- ✓ 7.4.1.6 – There are many paths of prayer, but it is the same Spirit acting in all and with all. (CCC#2661; 2672)
- ✓ 7.4.3.1 – Christians are called to pray throughout the day, every day, in addition to celebrating the Eucharist on Sunday with the faith community. (CCC#2742; 2757)
- ✓ 7.5.1.4 – Praying regularly with Scripture helps transform one's mind and heart in order to live better the Christian life. *(Repeat in Unit #3)* (CCC#2653-54; 2691; 2700)

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- ✓ 7.4.3.3 – When prayer seems not to be heard, especially the prayer of petition, Christians are called to persevere through filial trust, that in his providential goodness, God provides what is good for them. (CCC#2756)
- ✓ 7.4.1.3 – The Lord’s Prayer calls the Church to depend on the Father’s love for them in all of their daily needs, strengthening their relationship with the Father and with his Son, Jesus Christ. (CCC#2783; 2799)
- ✓ 7.4.2.4 – Lectio Divina is a way of praying the Word of God. (CCC#1177; 2708)
- ✓ 7.2.6.1 – The Liturgy of the Hours is the daily public prayer of the Church prayed at regular intervals throughout the day. (CCC#1174)
- ✓ 7.2.6.2 – Scriptures proclaimed in the Liturgy of the Hours are a connection to daily life. (CCC#1174-75)
- ✓ 7.4.2.1 – Contemplative prayer is the simplest and yet the deepest expression of the mystery of prayer. Contemplation is a gaze of faith fixed on Jesus who leads one to the Father. (CCC#2724)
- ✓ **Age-appropriate Prayers** – saying and “unpacking” (in age-appropriate language) ALL prayers listed at earlier grades AND the following Scriptural passage: [Deuteronomy 6: 4-6] *Hear, O Israel! The Lord is our God, the Lord alone! Therefore, you shall love the Lord, your God, with your whole heart, and with your whole being, and with your whole strength. Take to heart these words which I command you today.*

Grade 8 Learning Targets & Age-appropriate Prayers:

- ✓ 8.4.1.1 – Prayer is a relationship of love between God and his people. (CCC#2559; 2561;2564-65; 2590-91; 2645;2657)
- ✓ 8.4.3.1 – Christians are encouraged to pray always, for all things needed, and in all circumstances to give thanks to God. (CCC#2742; 2757)
- ✓ 8.4.1.5 – Sacred Tradition, as the living transmission of God’s truth to the Church, serves to help people, through the guidance of the Holy Spirit, to know how to listen to and respond to God in prayer. (CCC#2650-51; 2661)
- ✓ 8.4.2.2 – Prayers of blessing acknowledge that God gives good gifts. Prayers of thanksgiving express gratitude for having received them. Prayers of praise transcend these gifts to worship God in himself. (CCC#2626; 2637; 2639)
- ✓ 8.4.3.2 – One is not to be troubled if what one asks from God is not received immediately; for the Lord desires to do something even greater, while one clings to him in prayer through filial trust. (CCC#2616; 2737)
- ✓ 8.2.6.1 – The Psalms form the heart and soul of the Liturgy of the Hours. (CCC#1177; 1196)
- ✓ 8.4.5.2 – The mysteries of the Rosary center on the events in Christ’s life. While meditating on the mysteries one recalls the major events in the life of Christ. (CCC#2708)
- ✓ 8.4.2.3 – *Lectio Divina* is the reflective reading of Scripture leading to meditation on specific passages. (CCC#1177; 2708)

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- ✓ 8.4.2.1 – Meditation mobilizes all human faculties and engages thought, imagination, emotion and desire. There are many different ways and approaches in which one can be guided into and through meditation. (CCC#2708)
- ✓ **Age-appropriate Prayers** – saying and “unpacking” (in age-appropriate language) ALL prayers listed at earlier grades AND the following prayers: *Act of Love*; *The Rosary*/*Luminous Mysteries*; and the following Scriptural passage: [John 11: 25-26a]: *I am the resurrection and the life; whoever believes in me will never die, even if he dies, will live, and everyone who lives and believes in me will never die.*

To begin the lesson,

- ❖ Select an Opening Prayer (one used in an earlier lesson OR write your own to model for your learners that---like St. Therese of Lisieux said: *an inspiration of the heart*---both our traditional Catholic prayers, as well as our individual ones using our own words, are appropriate to enhance our relationship with God.
- ❖ Connect your learners’ minds to the previous lesson on prayer by assessing what they remember: Based on the age of your learners, use the Trifold strategy or posted chart paper.
 - Use a learning target for your grade level to review: What is prayer?
 - Create a chart (of butcher paper on the wall OR ask learners to fold a blank piece of paper into thirds). Label each section: (1) When do we pray? (2) How do we pray? (3) Why do we pray?
 - Discuss as a whole class and/or divide learners into small groups OR scribe answers for younger learners.
 - Summarize the concept of prayer by repeating your selected learning target for your grade level.

Menu of Activities

- ❖ Select a prayer appropriate for your grade level. (Keep in mind that upper grades can deepen learners’ understanding of even the simplest of prayers.) At this point in the catechetical year (Unit #2), knowing what topics and themes have been addressed thus far will assist you in your selection.
- ❖ For your selected prayer, cut into strips lines and/or meaningful chunks of the prayer. Place in small baggies. Put learners into small groups to arrange the slips in their correct order/sequence.
- ❖ Have learners say the prayer together as a choral reading. Repeat, if necessary.
- ❖ Place learners in pairs and ask each to say the prayer to their partner, asking the listener to coach and nudge the speaker, if necessary.
- ❖ Once all know the prayer by heart, put learners back in small groups to unpack or break-open the prayer’s meaning to our Catholic faith.
 - Simply ask groups to select words or phrases from the prayer that they understand and are able to explain to the entire class. Then, ask each group to select words or phrases that are unfamiliar to all members of their group. [The latter are the

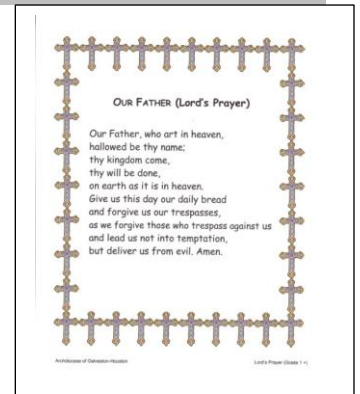
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words/phrases that catechists can explain and elaborate after group work time.] Each group might have the same prayer (e.g. Glory Be, Hail Mary, and Guardian Angel) OR the prayer could be divided into sections with each group examining one part, depending on the age of the learners.

- For example, the Hail Mary---at any grade---could be divided into two parts:
(1) *Hail Mary, full of grace...the fruit of your womb, Jesus* AND (2) *Holy Mary...hour of our death.*
 - The “Our Father” – two parts: (1) *Our Father...as it is in Heaven* AND (2) *Give us this day...deliver us from evil.* [praise & petition]
 - The “Our Father” – 7 parts: the seven petitions of this prayer (for older learners)
- ❖ For Morning, Evening, and Meal prayers, use the traditional ones OR allow learners to write their own.

❖ RESOURCES FOR PRAYERS

- ❖ **Note to Catechists:** All “Common Prayers and Formulas” and “Mass Responses” cited in the *CFLFF* (pages 607-615) appear on our catechetical website [in both English AND Spanish]. Each prayer/formula/response is in a separate file as illustrated below. In the lower right-hand corner, you will see a notation indicating at which grade level each should be introduced. When appropriate throughout the catechetical year, a file could be printed and handed out to be sent home encouraging parents to reinforce the prayers and practices of our Catholic faith.



❖ Loyola Press Users:

- Each grade level’s Parish Catechist Guide has a tab labeled “Prayers and Practices of Our Faith.”
- Read and reflect on “What is Prayer?” [*Catholic: Prayer for Catholic Families*, Loyola Press, page 7
- Go online to their website [www.loyolapress.com] and search for “About the Lord’s Prayer.” This 2-page article gives a brief overview of this prayer and describes the 7 petitions of the “Lord’s Prayer.”
- For Loyola Press Users: The “Our Father” – line by line: See *Finding God*, grade 1 (PCG 40-41 & 46-47/ Bilingual 27-28 & 31-32)
- Search online [www.loyolapress.com] by activity title for more activities:
 - “Sign of the Cross Necklace” (grades K-2)
 - “Visualizing the Sign of the Cross” (craft activity for K-2)
 - “Awesome Threesome”
 - “The Glory Be with Actions”
 - “Feeling the Spirit in My Prayer”

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- “Praying the Hail Mary with Actions”
- “Our Father” (grades 4-8)
- “Glory and Praise: Glory Be to the Father Activity”
- “Directions for Daily Living” (personalizing the Morning Offering) (grades 4-8)
- “Our Father Scramble”
- “Creating Prayers of Petition”
- “Creating a Prayer Quilt”
- “The Creed Game” (which could be adapted for any prayer)
- “Family Prayer Box”

❖ **Our Sunday Visitor Users:**

- Each grade level’s Catechist Guide has a back section labeled “Our Catholic Tradition: Faith Basics.”
- Search online [www.aliveinchrist.osv.com] by activity title for more activities:
 - Parish Video Connection: “The Lord’s Prayer” (30 seconds)
 - “Prayers Anytime”
 - “Prayer Labyrinth”
 - Music Option: “Our Father” (90 seconds)
 - “Answered Prayers”
 - “Prayer Toss”
 - “R.S.V.P. God”
 - Parish Video Connection: “How Should We Pray?” (3 minutes) (grades 4-8)
 - Music Option: “We Ever Will Praise You”

To conclude the lesson,

- ❖ Ask: ***After looking closely at prayers, what did we learn about God today?***
- ❖ Select a Closing Prayer. All common prayers appear on our catechetical website....ready to be copied and sent home for parents to extend this lesson. www.catecheticalresources.org
Password: holy spirit