

Session 1 Prayer Part 1

Welcome Faith Leader! Be sure to read over the entire lesson all the documents associated with the lesson prior to your conversation with your candidate. Most importantly, take the time to pray the *Parent's conversation with God* prayer)

Necessary Background Info for Leader: Being a healthy, active Catholic calls us to focus on 3 areas of our faith life:

1. The practice of our faith at Mass
2. The living of our faith based on Church teaching and serving others.
3. The growing of our prayer life which deepens our personal relationship with Christ.

Each lesson we share together will address one of those areas.

Today as we begin Sacrament Prep for Confirmation we will begin with talking about our prayer life.

Let us pray: Pray the Holy Spirit Prayer for Candidates together.

Leader shares:

Prayer is conversation with God. Talking and listening, a give and take. Watch this video on YouTube **Session 4.2 The Big Question Dynamic Catholic**
<https://youtu.be/o-GH0D5AILc>

Discussion Questions after viewing:

What stood out to you? What did you connect with? What confuses you or do you disagree with?

Does anyone have an experience similar to Matthew's in the video to share?

If you cannot get inside a Church or Chapel on a regular basis, what Sacred Space do you go to when you want to talk to God?

Challenge: If you don't have one- make it your purpose in the next week to find/make one that you can enjoy often. Ask Judy if you need help ideas to create your own Sacred Space at home.

After your discussion:

Light a candle, put on your favorite instrumental music (minimum of 5 minutes) or use this one <https://youtu.be/1kX7r5S9iOQ> and sit with God. Just sit with God to begin or further your conversation with Him like Matthew described in the video. This is your time

to deepen your relationship with Jesus. He loves being your Savior, let Him have that joy of sharing in your life with you.

At the end of your silent reflection time, ask one another if you have any prayer request for the week. Write them down and post them in an obvious place in your home.

Communion of Saints **Leader shares:** Each Mass in the creed we say we believe in “one, holy, catholic and apostolic Church”. That statement connects us with our universal Church. As Catholics we say “Church” we are not usually referring to a building. When we talk about The Church (with capital letters) we are referring to the people of God. But not just the people here on earth. We believe that we are connected to all of God’s people both living and dead. We believe The Church is composed of those of us here and those who have gone before us living in God’s eternal kingdom. We call all of those who have gone before us in faith, the Communion of Saints.

The Communion of Saints is made up of 3 groups. The **first group** includes all the saints in heaven. This group is the part we almost always think about when someone mentions the Communion of Saints. We call this group the **Church Triumphant**. (Why triumphant? because when we say someone is triumphant we mean that they won or succeeded in what they were trying to do. These people succeeded in being a Saint.) The **second group** in the Communion of saints is the **Church Suffering**. This group is made up of the poor Souls in Purgatory. These are people who have died in union with God’s teachings, but are not yet holy enough to enter into Heaven. They need our prayers to help them become pure enough to enter Heaven. Nov 2nd, is the All Souls Day, a day in the Church that we set apart to pray for all those who have died. Now the **third group** is one we all know well, but often don't think of as "saints". The third group is called the **Church Militant** and it's made up of living people here on Earth who strive to follow God's will. This group can include the Pope, bishops, priests, and anyone who is living their lives the way the church teaches. All of us can belong to this group, but we must do as the saints in Heaven have shown us: we must live for God and try to do His will in all things.

As Catholics we trust that those in heaven pray for us just as our friends do here on earth . We count on the Communion of Saints. They are part of our Catholic family. We look to them to learn from them, have them guide us and most importantly ask for them to pray or intercede for us to Jesus. We rely on the Communion of Saints to help get us to heaven.

During Confirmation you are asked to select a Confirmation name from the Communion of Saints.

You need to choose a Saint to whom you have a connection. The first thing you should do is pray. Ask the Holy Spirit for guidance in choosing a saint that will be best for you.

Parents should share the name they chose at their Confirmation or their favorite saint. Feel free to expand on the life of your saint or what you chose at that time. An interesting thought to share- if you have to choose a saint today to be your patron- who would you choose?

Learning about Saints may seem boring and old but when you take time to learn more about them than their name and patronage, you can find some really interesting holy women and men. Here are some examples...

Closing Prayer (5 mins)

The Litany of Saints is an ancient and complex prayer. It has a beautiful rhythm swinging gracefully between the leader and the respondents. Quiet your room, gather around your candle, dim the lights and pray this peacefully together.

Group response is in **BOLD**.

+In the name of the Father, the Son, and the Holy Spirit, Amen.

Leader: Lord have mercy, **Christ have mercy on us.**

Christ hear us, **Christ graciously hear us.**

God the Father, **have mercy on us.**

God the Son, **have mercy on us.**

God the Holy Spirit, **have mercy on us.**

Holy Trinity, **have mercy on us.**

Holy Mary, **pray for us.**

St. Michael, **pray for us.**

St. Gabriel, **pray for us.**

St. Raphael, **pray for us.**

All you holy angels and archangels, **pray for us.** St. John the Baptist, **pray for us.**

St. Joseph, **pray for us.**

All you holy Patriarchs and prophets, **pray for us.** St. Peter, **pray for us.**

St. Paul, **pray for us.**

St. Andrew, **pray for us.**

St. James, **pray for us.**

St. John, **pray for us.**

St. Mary Magdalen, **pray for us.**

All you holy apostles and evangelists, **pray for us.**

All you holy martyrs, **pray for us.** [ADD YOUR FAVORITE SAINTS or use the list given below...] St. Jude, **pray for us.**

St. Faustina, **pray for us.**

St. Pio, **pray for us.**

St. Therese Lisieux, **pray for us.**

St. Agnes, **pray for us.**

St. Augustine, **pray for us.**

All you men and women, Saints of God, make intercession for us. **Be merciful, spare us, O Lord!**

Be merciful, **graciously hear us, O Lord!**

From all evil, **O Lord, deliver us.**

From all sin, **O Lord, deliver us.**

From anger and hatred, **O Lord, deliver us.**

Through your death and resurrection, **O Lord, deliver us.**

On the day of judgment, **O Lord, hear us.**

That you would forgive us and all those we love, **O Lord, hear us.**

That you would grant peace and unity to all, **O Lord, hear us.**

That you would give rest to those who have died, **O Lord, hear us.**

That you would lift up our minds to heavenly desires, **O Lord, hear us.**

Son of God, **O Lord, hear us.**

Lamb of God, who takes away the sins of the world, **Spare us, O Lord.**

Lamb of God, who takes away the sins of the world, **Graciously hear us, O Lord.**

Lamb of God, who takes away the sins of the world, **Have mercy on us.**

Say the Lord's Prayer (Our Father...) and The Glory Be (Glory Be to the Father... etc). +In the name of the Father, the Son, the Holy Spirit, Amen

Share the Saints Investigation Sheet with your candidate. A Confirmation Name name should be chosen by your next session so you can continually ask that Saint to pray for you during your Confirmation Preparation. Using the [Google Form provided here](#) or found on the [St. Joes Marion Website.](#) submit your Confirmation name to Judy before February 21st.