

Prayer



Teaching:

- For Grades 1-2, watch these three short videos on Prayer: [What is Prayer?](#) [Why do we Pray?](#) [How do we Pray?](#)
- For Grades 3-8 and Adults, watch Catholic Central's video on [Prayer](#)

Talking and listening in any relationship is vital. Prayer is the way we develop and deepen our relationship with God. During Lent we focus on becoming closer to God and imitating Jesus. There is no one way to pray nor is there a right or wrong way to pray. The point is to make time for God and let God speak to you. Here are some traditional Catholic forms of prayer. Watch the video associated with each prayer and then pray using that form. See if you can get through all three by the end of Lent!

The Rosary

Watch Catholic Central's [video](#) on the Rosary for a brief history, why we pray it, and how to pray it.

Then, check out this [website](#) with the prayers of the Rosary, as well as an app you can download to help lead you through praying the Rosary.



Lectio Divina

Watch Catholic Central's [video](#) to learn how to pray using Lectio Divina (sacred reading). This is a simple unique way to read the Bible and listen to what God is saying to you through a particular passage/verse/word.

Ignatian Prayer

Watch Catholic Central's [video](#) on Ignatian Prayer for a brief history and how to pray using your imagination.

Then, check out this [website](#) with resources for praying using the Scriptures and your imagination. There is even a link to a guided meditation to help you get started.



Chocolate Chip Cookie Prayer

Here's a sweet [recipe](#) to use that is also a prayer. Don't forget to stop and pray for the people who are represented by each ingredient!

Ingredients Needed:

- 1/2 tsp vanilla
- 1 cup flour
- 1/2 cup butter (softened)
- 3/4 cup sugar
- 1 egg
- 1/2 tsp salt
- 6 oz chocolate chips

