

## Prayer

### **Content Standard**

Students in the Diocese of Marquette will learn about and participate in prayer as an integral part of life. They will develop the ability to pray through the presentation and experience of a variety of prayer forms.

### **Rationale**

We profess our faith in the creed, celebrate our faith in liturgy and sacraments, and practice our faith by conforming our lives to Christ through living a moral life. Our faith requires that we believe in it, celebrate it, and live from it in a vital and personal *relationship with God*, and this relationship is prayer. (2558) In prayer, we are present to God and experience his presence in us.

Prayer is the lifting of our hearts and minds to God. (2559) It is conversation with God, both speaking to Him and listening to Him with our hearts. Prayer involves words, spoken and silent, and it involves our body language and our attitude. (2562) Humility is the foundation of prayer. (2559)

Prayer opens our hearts to God's presence, creating a living relationship for us who are children of God with our Father, who is good beyond all measure, and with his Son, Jesus Christ and with the Holy Spirit. (2565) In relating to God through prayer, we give him adoration and praise, we thank him, we ask him for good things, and we seek his forgiveness when we have gone astray. We make our life a living prayer by trusting God, confiding in him, and realizing that he is with us in everything we do. Through prayer we express our love of God.

*At every opportunity pray in the Spirit, using prayers and petitions of every sort.*

-Eph. 6:18

*So we give the name of spiritual exercise to any process which makes the soul ready and able to rid itself of all irregular attachments; so that, once rid of them, it may look for and discover how God wills it to regulate its life.*

-St. Ignatius Loyola – Spiritual Exercises

### **Performance Standards — Prayer**

1. Students will understand that prayer is a dialogue that takes place between God and man, a living relationship of the children of God with their Father, his Son Jesus Christ, and with the Holy Spirit. (2565, 2653)
2. Students will know that prayer is a personal relationship with God expressed in these specific forms revealed in Scripture: blessing and adoration, contrition, intercession, petition, praise and thanksgiving. (2565)
3. Students will realize that prayer is both a gift of grace and an active response on their part. (2725)
4. Students will understand that through prayer every Christian works for the coming of the Kingdom. (2632)

## Prayer Objectives — Kindergarten

By the end of Kindergarten, students will have learned:

1. That prayer is talking with and listening to God. (2559-61)
2. That as Catholics we begin our prayers with the Sign of the Cross, and they will learn how to make it. (2157)
3. That each of us has an angel who watches over us. (336)
4. To participate in communal prayers such as the Lord’s Prayer, Hail Mary, and Glory Be. (2759-2865, 2676-77, 2680-82, 2639-49)
5. That at anytime we can talk to God who is our friend and who loves us more than anyone else ever could. (218-21, 733)

**Note to Catechist: When teaching the formal prayers, *gently and patiently* teach the children to use the precise words of the prayers. Do *not* emphasize putting formal prayers into their own words. At young ages, the catechesis needs to be *particularly concrete*.**

### Expressions of Faith:

- Making the Sign of the Cross correctly.
- Genuflecting toward the tabernacle.
- Praying with the family before meals and saying bedtime prayers.
- Reciting the Angel of God prayer.
- Participating in communal prayers with family and peers, such as the Our Father, Hail Mary, and Glory Be.

### Vocabulary Words:

communal prayer	prayer		
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## Prayer Objectives — Grade One

By the end of 1<sup>st</sup> grade, students will have learned:

1. That prayer is a relationship with God. (2558)
2. That prayer is talking to and listening to God. (2559)
3. That there are various ways of praying—learned (memorized) prayers, spontaneous prayers, and song. (2625-2643)
4. That Jesus asks us to pray always. (2633) **Note to Catechists: You need to make it clear that “praying always” can take many forms from memorized to spontaneous prayers, such as “Thank you Lord,” at any given moment of the day.**
5. That silence helps us to pray and be close to God. (2717)
6. That we can and should pray anywhere. (2691-2696)
7. That a Catholic church or chapel is the most sacred place for prayer because Jesus is present in the tabernacle. (2691, 2696)
8. That as Catholics we begin our prayers with the Sign of the Cross, and know how to make it. (2157)
9. That the Lord’s Prayer was given to us by Jesus. (2759, Lk 11:2-4, Mt 6: 9-15)

10. To recite the Lord's Prayer, Hail Mary, Glory Be, Angel of God prayer, and the Grace before Meals. (2759-2865, 2676-2677, 2680-2682, 336)
11. To participate in Mass reverently. (Tradition, 1324, 1343)
12. To participate in the Stations of the Cross, particularly during Lent. (Tradition, 1674)
13. To participate in praying an act of contrition. (2629-2633, 2646)
14. That there is a specific way to pray the Rosary, and they will know the rudiments of doing so. (2678, 2708, cf.1674)
15. That in the Hail Mary we ask our Blessed Mother to pray for us. (2676-2679, Lk 1:39-45)

**Note to Catechist: Be sure that the children recognize that the statue of Mary represents her. We do not pray to the statue. Also that we do not worship Mary; we ask her as the Mother of God to intercede on our behalf. These same concepts apply to any statue or saint.**

Expressions of Faith:

- Making the Sign of the Cross correctly.
- Genuflecting to Jesus in the tabernacle.
- Praying with their families before meals, praying spontaneously several times during the day, and saying bedtime prayers.
- Becoming familiar with the Rosary, recognizing that in the Rosary we pray to Jesus through Mary.
- Reciting the Angel of God prayer and an act of contrition.
- Knowing and explaining that in praying to Mary we are asking her to pray to God for us.
- Participating in communal prayers with family and peers, such as the Our Father, Hail Mary, and Glory Be.

Vocabulary Words:

Rosary			
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**Prayer Objectives — Grade Two**

By the end of 2<sup>nd</sup> grade, students will have learned:

1. That prayer is conversation with God and that we should talk to him every day. (2559)
2. That we can and should pray anywhere. (2691-2696)
3. That a Catholic church or chapel is the most sacred place for prayer because Jesus is present in the tabernacle. (2691, 2696)
4. That God hears our prayers but that they may not be answered in the way we want them to be answered. (2734-2737)
5. That we can ask Mary and the saints to pray for us, especially in times of need or temptation. (2617-19, 2622, 2673-79, 2682, 2683-84, 2692)
6. That the Mass is the greatest prayer, the center of the Church's life. (1343, 1324)
7. To participate in Mass reverently. (Tradition, 1324, 1343)
8. That the Lord's Prayer was given to us by Jesus. (2765)
9. To recite the Act of Contrition.
10. To participate in the Rosary. (2678, 2708, cf. 1674)
11. That an examination of conscience helps them recognize when they have sinned, and to

participate in a guided examination of conscience. (1454) **Note to Catechist: As they prepare for the Sacrament of Penance and Reconciliation, be certain that students are told not to disclose their sins or even moral faults in class. The appropriate context for the disclosure of sins is only to the priest in the Sacrament of Penance and Reconciliation.**

12. To thank God for the gifts that he has given us. (2637-38, 2648)

Expressions of Faith:

- Talking to God frequently in prayer.
- Exhibiting gratitude and thankfulness to God and to others for all the things in their life.
- Participating reverently at Mass.
- Praying the prayers of Grace before and after Meals.
- Praying the Rosary with family members.
- Examining their conscience and praying an act of contrition.
- Praying the responses during Mass.

Vocabulary Words:

	<i>[no new vocabulary words here]</i>		
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**Prayer Objectives — Grade Three**

By the end of 3<sup>rd</sup> grade, students will have learned:

1. That prayer is raising our minds and hearts to God, and through the Holy Spirit he continuously calls us to speak to him throughout the day. (2558-65, 2648, 2742, Acts 17:27)
2. That all prayer is a gift from God. (2559-2561, Jn 4:10)
3. That we can and should pray anywhere. (2691-2696)
4. That a Catholic church or chapel is the most sacred place for prayer because Jesus is present in the tabernacle. (2691, 2696)
5. That the Mass is our greatest prayer and that we need to participate in the Mass on Sundays and Holy Days of Obligation. (1167, 2043, 2180-82)
6. The different forms of prayer: Blessing and Adoration, Petition, Intercession, Thanksgiving, and Praise. (2625-2643, Ps. 62:2-9)
7. How to pray the Rosary and know the twenty mysteries of the Rosary (five Joyful, five Luminous, five Sorrowful, and five Glorious) and how they center on Christ and his mother. (2678, 2708, cf. 1674) **Note to Catechist: See “Mysteries of the Rosary” in Appendix 4 — Text of Prayers.**
8. That an examination of conscience is a prayerful reflection of their thoughts, words, and actions in light of the Word of God and Jesus’ Law of Love, and to participate in a guided examination of conscience. (1454, 2052, 2055) **Note to Catechist: Be certain that students are told not to disclose sins or even faults in class. The only appropriate context for the disclosure of sins is with the priest the Sacrament of Penance and Reconciliation.**
9. To recognize the saints as witnesses of faith whose examples and prayer lives will not only teach us about prayer but invite us to ask for their intercession in prayer. (2683, Heb 12:1)

10. That a novena is a prayer or prayers said over a period of nine days to God or to Mary or to one of the saints for a particular grace, intention, or need. **Note to Catechist: The tradition of praying a novena comes from the Gospel of St. Luke where, after the Ascension, the Lord tells the apostles and Mary to return to Jerusalem to “devote themselves to prayer” until the coming of the Spirit (Pentecost). Point out to the students that breaking a chain mail/email novena is not a sin.**
11. That Christians forgive those who hurt them, bear wrongs patiently, and pray for both the living and the dead. (2842-45)
12. To pray for the protection of all human life from conception to natural death. (2258-62)
13. That the liturgical year and its great feasts provide a basic rhythm for their prayers. (1168-73)
14. To recite the Apostles’ Creed, Hail Holy Queen, Act of Contrition, Our Father, Hail Mary, Glory Be and Grace before Meals.

Expressions of Faith:

- Participating reverently at Mass.
- Praying the Rosary with family members.
- Examining their conscience as a prayerful reflection on their thoughts, words, and actions, and praying an act of contrition.
- Praying the different forms of prayer: Blessing and Adoration, Petition, Intercession, Thanksgiving, and Praise.
- Praying the Grace before and after Meals.
- Praying morning and bedtime prayers.
- Participating in a novena with family members.
- Talking to God frequently in personal prayer.
- Having a special place at home (e.g., their room or a place in the family room) as their special prayer place.
- Recognizing that changes in the colors in the church correspond with changes in the liturgical seasons.

Vocabulary Words:

novena	praise	sorrow	thanksgiving
petition			

**Prayer Objectives — Grade Four**

By the end of 4<sup>th</sup> grade, students will have learned:

1. To define prayer and identify the basic forms of prayer (Blessing and Adoration, Petition, Intercession, Thanksgiving, Praise), and give examples of each. (2558-65, 2626-49) **Note to Catechist: Examples of each of the prayer types: Blessing and Adoration—Prayer before meals; Petition—Our Father; Intercession—Angel of God, Hail Mary; Thanksgiving—Prayer after Meals, Praise—Glory Be.**
2. To give examples of communal and private prayer.
3. That the Mass is our greatest prayer and that we need to participate in the Mass on Sundays

- and Holy Days of Obligation. (1167, 2043, 2180-82)
4. The parts of the Mass and all prayer responses, so as to be able to participate in the Mass more fully.
  5. The Apostles' Creed and the Nicene Creed. (184-185)
  6. The Act of Contrition and will understand that we say it to express to God our sorrow for sin. (2631)
  7. How to participate in different kinds of prayers and devotions, for example: prayers to saints, litanies, Stations of the Cross, etc. (2688) **Note to Catechist: A litany is a form of prayer in which a standard response is given to numerous variable invocations, e.g., Prayers of the Faithful (General Intercessions), Kyrie, Agnus Dei, Litany of the Saints. Examples of litanies are included in Appendix 4 — Text of Prayers. Information about the Stations of the Cross is provided in Appendix 5 — Stations of the Cross.**
  8. How to incorporate prayer into daily life in imitation of Jesus. (2607-16, 2757)
  9. How to pray the Rosary. They will know the twenty mysteries of the Rosary (five Joyful, five Luminous, five Sorrowful, and five Glorious) and how they center on Christ and his mother. (2678, 2708, cf. 1674)
  10. The Acts of Faith, Hope, and Love.
  11. To pray as a class for the protection of all human life from conception to natural death. (2258-62)

Expressions of Faith:

- Participating reverently at Mass.
- Praying the Rosary with family members.
- Praying Grace before and after Meals.
- Praying morning and bedtime prayers.
- Praying the Acts of Faith, Hope, and Love.
- Participating in various devotions, e.g., Stations of the Cross and novenas; praying to their patron saints and guardian angel.
- Examining their conscience as a prayerful reflection on their thoughts, words, and actions, and praying an act of contrition.
- Having a special place at home (e.g., their room or a place in the family room) as their special prayer place.
- Praying for the needs of others, especially family members.

Vocabulary Words:

Adoration	devotion(s)	intercession	
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**Prayer Objectives — Grade Five**

By the end of 5<sup>th</sup> grade, students will have learned:

1. That the Mass is our greatest prayer and that we need to participate in the Mass on Sundays and on all Holy Days of Obligation. (1167, 2043, 2180-2182)
2. The parts of the Mass and all prayer responses, so as to be able to participate in the Mass more fully.
3. The basic forms of prayer (Blessing and Adoration, Petition, Intercession, Thanksgiving,

and Praise), and define and give examples of each. (2625-2643) **Note to Catechist: Examples of each of the prayer types: Blessing and Adoration—Prayer before meals; Petition—Our Father; Intercession—Angel of God, Hail Mary; Thanksgiving—Prayer after Meals, Praise—Glory Be.**

4. To list several definitions for prayer. (2558-2565) Some examples are:
  - a. Prayer is how we relate to God. (2558)
  - b. Prayer is talking and listening to God with our mind *and* heart. (2559, 2563)
  - c. Prayer is a covenant relationship between God and man in Christ. (2564)
  - d. Prayer includes words, body language, gestures, and attitude. (2562)
5. That Jesus is our model for prayer. Jesus in all he did and how he lived was primarily a person of prayer and compassion. (2598-2615, Mt 26:36)
6. To participate in guided meditative prayer based on Gospel stories, e.g., prayer based on the Parable of the Good Samaritan. (Lk 10:29-37)
7. To identify obstacles to prayer and discuss strategies to overcome them. (2705-2708, 2725-2745)
8. How sacramentals help to enhance one's spiritual life. (1667-1679) **Note to Catechist: Be sure that the students have an understanding of how sacramentals (holy water, blessed palms, candles, ashes, rosary, medals, scapulars, crucifixes, images, statues, etc.) can enhance their spiritual life, but only if they have prayerful responses when they see that sacramental. For example, in the custom of lighting candles, one should pray for the intention for which a candle is lit, not just light the candle and depart.**
9. To reflect each day on God's blessings and give thanks for his loving care. (2637-2638, 2659-2660)
10. To make a brief nightly examination of conscience followed by the Act of Contrition before going to bed each night. (1435, 1454, and Glossary of CCC)
11. To participate in different kinds of prayers and devotions, e.g., prayers to saints, Stations of the Cross, Divine Mercy Chaplet, Rosary, The Angelus, Prayer of the Holy Spirit, the Prayer of St. Francis, etc. (1674)
12. To pray for the protection of all human life from conception to natural death. (2258-62, 2634-36, Mt 5:21-22)

#### Expressions of Faith:

- Participating reverently at Mass.
- Participating in guided meditative prayer based on Gospel stories.
- Talking about and avoiding obstacles to prayer.
- Praying the Acts of Faith, Hope, and Love.
- Giving thanks for blessings in their lives.
- Praying the Grace before and after Meals.
- Praying morning and bedtime prayers.
- Participating in family novenas and various forms of prayer.
- Making a regular examination of conscience and praying an act of contrition.
- Having a special place at home (e.g., their room or a place in the family room) as their special prayer place.
- Praying the Rosary with family members.

Vocabulary Words:

chaplet			
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**Prayer Objectives — Grade Six**

By the end of 6<sup>th</sup> grade, students will have learned:

1. That the Mass is our greatest prayer and that we need to participate in the Mass on Sundays and on all Holy Days of Obligation. (1167, 2043, 2180-2182)
2. The parts of the Mass and all prayer responses, so as to be able to participate in the Mass more fully.
3. The importance of perseverance in prayer to overcome obstacles. (2725-2745)
4. To recognize the saints as witnesses of faith whose examples and prayer lives will not only teach us about prayer but invite us to ask for their intercession in prayer. (2683, Heb 12:1)
5. That the Psalms, rooted in Judaism, were prayed by Christ and are used today as personal and communal prayer. (2585-2589, 2596)
6. That there are twenty Mysteries of the Rosary. (five Joyful, five Luminous, five Sorrowful, and five Glorious and how they center on Christ and his mother. (2678, 2708, cf 1674)
7. A deeper appreciation of the Rosary and other Marian devotions. (1674, 2678, 2708, Glossary of CCC)
8. How to participate in different kinds of prayers and devotions, e.g., prayers to saints, Stations of the Cross, Rosary, etc. (1674)
9. To pray for the protection of all human life from conception to natural death. (2258-2262)
10. That in his covenant with every living creature, God always calls us to prayer. We find its origin in the Old Testament, beginning with Abraham. (2569)
11. That through their prayers to God, the prophets received both their strength and light for their mission. (2584, Gn 18:16-33, Jer 1:4-10)

Expressions of Faith:

- Participating reverently at Mass.
- Telling the stories of various saints; invoking different saints for particular purposes in their lives; understanding that saints can be intercessors for us.
- Praying the Rosary with family members.
- Praying the prayers of Grace before and after Meals.
- Praying morning and bedtime prayers.
- Praying for the protection of all human life from conception to natural death.
- Talking about and avoiding obstacles to prayer.
- Talking about blessings received.
- Making a daily examination of conscience and praying an act of contrition.
- Talking about their relationship with God.
- Praying informally within a group.



Vocabulary Words:

Mysteries of the Rosary			
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**Prayer Objectives — Grade Seven**

By the end of 7<sup>th</sup> grade, students will have learned:

1. That weekly participation in Sunday Mass is the foundation of Catholic life, prayer, and spirituality. (2174-2183)
2. The parts of the Mass and all prayer responses, so as to be able to participate in the Mass more fully.
3. How to participate in Eucharistic devotions, such as Eucharistic Adoration, Benediction, or a visit to the Blessed Sacrament. (1378-1379)
4. That Jesus is our model for prayer. Jesus in all he did and how he lived was primarily a person of prayer and compassion. (2598-2615, Mt 26:36)
5. That trust in God is the basis for prayers of petition, and that God gives all we need and not necessarily what we want. (2629-2631)
6. That the Beatitudes and the Ten Commandments are the foundations for our examination of conscience and will understand them as the pattern of the Christian way of life. (1716, Glossary of CCC)
7. That the Rosary is a brief summary of the Gospel, expressing devotion to Jesus through Mary. Students will know the twenty mysteries of the Rosary and the days on which each set of mysteries are prayed. (1674, 2678, 2708, Glossary of CCC)
8. To participate in different kinds of prayers and devotions, e.g., prayers to saints, Stations of the Cross, the Divine Mercy Chaplet, the Rosary, etc. (1674)
9. To pray for the protection of all human life from conception to natural death. (2258-2262)
10. That the prayer of the whole Church is the Liturgy of the Hours (the Divine Office) and that all the faithful are encouraged to pray these prayers. (1174-1178)

Expressions of Faith:

- Participating reverently at Mass.
- Praying the prayers of Grace before and after Meals.
- Praying morning and bedtime prayers.
- Participating in Catholic devotions, including Eucharistic Adoration and Benediction.
- Showing how the liturgical seasons affect their prayers.
- Participating in Lenten practices of prayer, fasting, and almsgiving — explaining the spiritual benefits of each.
- Making a regular examination of conscience; praying an act of contrition.
- Showing a faith and trust that God will guide them.
- Praying the Rosary on their own or with family members; meditating on the proper mysteries according to the day of the week.
- Praying Morning or Evening Prayer from the Liturgy of the Hours with others.
- Having a special place at home (e.g., their room or a place in the family room) as their special prayer place.

Vocabulary Words:

Benediction	Eucharistic Adoration	Liturgy of the Hours	Office
Divine Office			

**Prayer Objectives — Grade Eight**

By the end of 8<sup>th</sup> grade, students will have learned:

1. The importance of weekly participation in Sunday Mass as the foundation of Catholic life, prayer, and spirituality. (2174-2183)
2. That there are three major expressions of prayer: vocal, meditative, and contemplative. (2700-2719)
3. The names of the gifts of the Holy Spirit and how prayer helps us better use the gifts of the Holy Spirit given in Baptism and increased in Confirmation. (1830-1831, Glossary of CCC)
4. That prayer inspired men and women of faith in the Scriptures. **Note to Catechist: See these citations in the Catechism for specific examples. (2568-2649)**
5. To pray for an open and generous response to God’s call in their lives. (2745)
6. That faith which flows from prayer must be lived through good works. (162, Jas 2:17)
7. That the Rosary is a brief summary of the Gospel, expressing devotion to Jesus through Mary. Students will know the twenty mysteries of the Rosary and the days on which each set of mysteries is prayed. (1674, 2678, 2708, Glossary of CCC)
8. That the mysteries of the Rosary are mediations on the life and person of Christ in “the school of Mary” (2708, RVM) **Note to Catechist: Help the students recognize the connections between the mysteries and scripture passages.**
9. To participate in different kinds of prayers and devotions, e.g., prayers to saints, Stations of the Cross, Divine Mercy Chaplet, Rosary, etc. (2669)
10. That the prayer of the whole Church is the Liturgy of the Hours (the Divine Office) and that all the faithful are encouraged to pray these prayers. (1174-1178)
11. That *lectio divina* is a way to pray the Scriptures and is rooted in liturgy. (1177)
12. To pray for the protection of all human life from conception to natural death. (2258-2262)

Expressions of Faith:

- Praying daily — morning, evening, and prayers before and after meals.
- Offering spontaneous prayers at appropriate times (intercession, thanksgiving, praise, etc.).
- Developing a devotion to Mary and to the saints in their prayer lives.
- Praying the Rosary on their own or with family members; meditating on the proper mysteries according to the day of the week.
- Listening to God in their hearts in silence.
- Teaching and encouraging others to pray.
- Leading public prayer whenever an opportunity arises.

Vocabulary Words:

contemplation	<i>lectio divina</i>	meditation	
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