

**6th and 7th Grade**

**Home Study Lesson #1**

**Intro to Semester & Prayer and Grace**

**GOAL**

The goal for this lesson is to learn about the power of prayer and how it can help the individual student (themselves) and others in their lives. Additionally, they should understand how the Lectio Divina works as we will be using this throughout the entirety of this semester.

**KEY TERMS**

Lectio Divina- a way in which the Bible is read that allows us to let go of our own agendas and attempt to understand what God is saying to us in the Word; the steps are to: read the passage, meditate on the passage, think about what it is saying, and finally pray about it

Prayer- raising one’s mind and heart to God to request good things

Grace- free and undeserved guidance that God gives us to respond to His call to be his children

10 Commandments- moral law given to Moses by God that all Catholics must follow

**MAIN IDEAS**

- There is no “prayer formula,” but we have different models or traditions to follow.
- Prayer is an important part of our life and making a commitment to prayer should be a priority.
- Prayer allows each of us to make a more personal connection with God.

**INTRODUCTION QUESTIONS**

1) What talent are you most grateful that God blessed you with?

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2) What is your favorite movie? Can you think of a spiritual theme to go along with it?

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3) What do you think is the best animal that God created?

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**LECTIO DIVINA**

Take a few minutes to read the scripture passage for the week and answer the following questions below.

**Read Philippians 4:5-7**

1) What does this passage tell us about the power of prayer?

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2) How can giving God our worries help us to lead better lives?

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**Read Philippians 4:5-7 again**

## TEACHING

### THERE IS NO PRAYER FORMULA

A lot of times in math class we are given a special formula to solve a problem or an equation. When we cannot figure out the correct answer, it is usually because we are using the wrong formula. We did not add, subtract, divide or take something away correctly, or we might just be really bad at math. Unlike math class, however, there is no formula for prayer. There is no right or wrong when it comes to praying. There are certain things that can help us pray, and we have the Holy Spirit to pray with us and teach us how to pray. The Holy Spirit is powerful and can help us solve the problems we may be faced with in prayer and in life.

Think about solving riddles; different groups of people could have the same answers, but they came to those answers through different thought processes. Or maybe they used the same thinking strategies but in a different way. Riddles can show you that everyone thinks and solves things in a different way. So too, everyone prays and comes to know Christ in different ways. All of us have the same end goal, of having a relationship with Christ and making it to heaven, but we will all come to this goal through prayer in different ways.

### HOW TO DEVELOP YOUR PRAYER LIFE

#### 1) READ THE BIBLE

When we wonder how to pray, we seldom look to the Bible for guidance. The truth, however, is that the Bible is packed with praying people, and we can learn a lot from their examples. Sometimes we have to dig through Scripture for these prayer models. We do not always find an obvious guide to prayer, such as, "Lord, teach us to pray..." (Luke 11:1). But we can look for the stories of holy people and see how they prayed and handled different situations. Many Bible figures showed courage and faith, but others found themselves in situations that brought out qualities they did not know they had. It just shows us that these people are not perfect, and there are a lot of ways that we can relate to them.

#### 2) PRAY THE ROSARY

Sometimes we think of the Hail Mary as a quick, panicked prayer before our Math quiz or of a Hail Mary throw in a football game in that last moment of desperation. But, Mary is so much more, and asking for her to intercede for you can be very powerful! Mary brings all of our requests to her Son, and the loving Son always listens to His mother. The Rosary is a great and simple way to enter into prayer, to offer up our prayers to Christ with Mary, and to reflect on the life of Christ. There are different mysteries of the rosary that help us to do this. The Luminous Mysteries are prayed on **Thursday**. The Glorious Mysteries are prayed on **Sunday and Wednesday**. The Joyful Mysteries are prayed on **Monday and Saturday**. The Sorrowful

Mysteries are prayed on **Tuesday and Friday**. Please look up the YouTube channel Ineffabilis Deus, and follow along with the video to pray the rosary. Make sure that you choose the correct set of mysteries for the day you will be praying on.

### **3) ATTEND MASS**

Pope Paul VI said, "The Mass is the most perfect form of prayer!" St. John Vianney said, "There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us."

The Church tells us that celebrating the Eucharist during the Mass is the "source and summit" of our Christian life. That means that our reception of the Eucharist and prayers at Mass on Sundays gives us strength to do good things the rest of the week. It also means that our prayer at Mass is so important that everything else we do should help us to prepare for it.

The word "Mass" is kind of funny. It came about because in the old days, when all the prayers were in Latin, the last words the priest or deacon said were "Ite, missa est". It meant, "go, you are sent." (We still hear these words today – "go in peace.") The word missa came to be used to describe the entire prayer!

In the Catholic Church, the Mass is said not only every Sunday, but also every single day—many times a day! All over the world, all the time, Christians are gathering to remember Jesus' gift of himself on the cross, and they renew that gift by receiving His body and blood in the Eucharist. Think for a minute about some of the words you say over and over each day. Do you ever get tired of hearing your family say "I love you"? Of course not! Saying "I love you" helps the love to grow. Mass is like that. The more we tell God how we feel, the more our love for God will grow.

### **4) PRAY TO THE SAINTS**

Not only do those in heaven pray with us, they also pray for us. In the book of Revelation, John sees that "the twenty-four elders [the leaders of the people of God in heaven] fell down before the Lamb, each holding a harp, and with golden bowls full of incense, which are the prayers of the saints" (Rev. 5:8). Thus, the saints in heaven offer to God the prayers of the saints on earth.

What is comforting is that, with the saints, we have so many members of our Church in heaven to look out for us. Do you ever feel some days like you need all the help you can get? You can ask one of many patron saints for their assistance. They have been "put in charge" of various causes, occupations, and even countries, through popular traditions or by the Church. These saints are considered to be our protectors, as well as our intercessors.

These are just different ways to jump-start your prayer life. Remember that there are many ways to pray; these are tools to help you grow in your prayer. The important thing is that you give it a try!

## **ENDING PRAYERS**

Fill in the blanks with the missing words of the prayers. Utilize the word bank to form your prayer. Pray each prayer once you finish filling them out.

### **Our Father**

#### Word Bank:

art    trespass    name    Kingdom    Heaven    evil  
temptation    hallowed    will    earth    daily bread    trespasses

Our Father, who \_\_\_\_\_ in Heaven, \_\_\_\_\_ be Thy \_\_\_\_\_; Thy \_\_\_\_\_ come, Thy will be done on \_\_\_\_\_ as it is in \_\_\_\_\_.  
Give us this day our \_\_\_\_\_; and forgive us our \_\_\_\_\_ as we forgive those who \_\_\_\_\_ against us; and lead us not into \_\_\_\_\_, but deliver us from \_\_\_\_\_. **Amen.**

### **Hail Mary**

#### Word Bank:

death    grace    women    Jesus    sinners  
Blessed    God    fruit    Lord

Hail Mary, full of \_\_\_\_\_ the \_\_\_\_\_ is with thee. \_\_\_\_\_ art thou among \_\_\_\_\_ and blessed is the \_\_\_\_\_ of thy womb, \_\_\_\_\_.  
Holy Mary, Mother of \_\_\_\_\_ pray for us \_\_\_\_\_ now, and at the hour of our \_\_\_\_\_. **Amen.**

## Act of Contrition

### Word Bank:

God sins good help penance  
wrong love Jesus Christ mercy

O my \_\_\_\_\_, I am sorry for my \_\_\_\_\_ with all my heart. In choosing to do \_\_\_\_\_ and failing to do \_\_\_\_\_, I have sinned against You Whom I should \_\_\_\_\_ above all things. I firmly intend, with Your \_\_\_\_\_, to do \_\_\_\_\_, to sin no more, and to avoid whatever leads me to sin. Our Savior \_\_\_\_\_ suffered and died for us. In his name, my God, have \_\_\_\_\_ . **Amen.**

## Guardian Angel Prayer

### Word Bank:

God love guard  
guardian day guide

Angel of \_\_\_\_\_, my \_\_\_\_\_ dear to whom God's \_\_\_\_\_ commits me here, ever this \_\_\_\_\_, be at my side, to light and \_\_\_\_\_ to rule and \_\_\_\_\_ . **Amen**