



GOD'S CALL

"Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus." - PHILIPPIANS 4:6-7

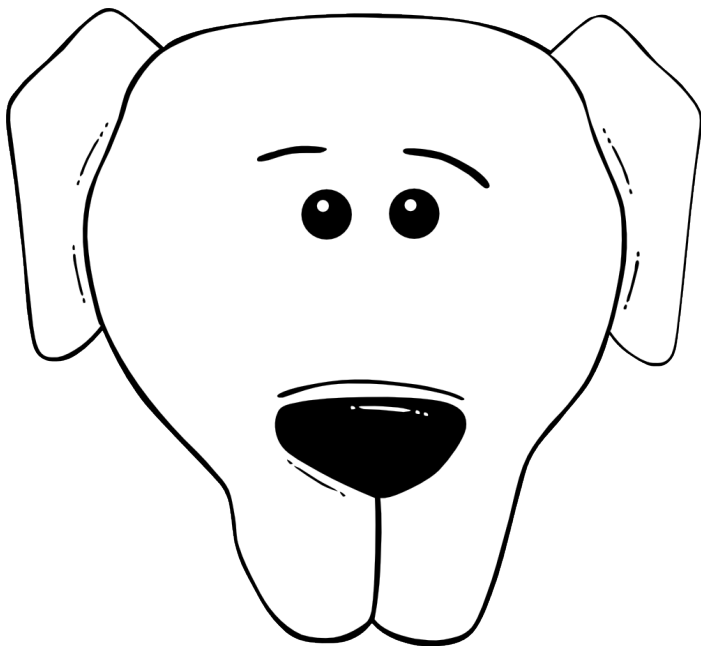
ACTIVITY

ORIGAMI ACTIVITY

Instructions:

Take a plain piece of paper and fold it into a dog's face.

Wait for your teacher to give you further instructions.



READING

Read the selection on Prayer Plans, and answer the reflection questions.

HAVING A PRAYER PLAN

Introduction

Having a specific plan for how you will pray everyday helps you remember to and actually pray! Here's what one person says about prayer:

"If you want to take a four-week vacation, you don't just get up one summer morning and say, "Hey, let's go on vacation today!" You won't have anything ready. You won't know where to go. Nothing will have been planned. This, however, is exactly how many of us treat prayer. We get up day after day and realize that significant times of prayer should be a part of our life, but nothing's ever ready. We don't know where to go. Nothing has been planned. No time. No place. No procedure."
- JOHN PIPER

Have you ever felt this way about prayer or anything else? You might know you need to spend time praying, practicing a musical instrument, or writing a report, but unless you have a plan for how you will do this, it doesn't get done until the last minute or not at all! Read what one priest says about having a plan for prayer:

Some people are very specific: "I will pray from 7:30-7:45 in the evening, sitting in the blue chair by the window with the phone, computer, and television turned off. I will talk to Jesus in my own words and spend at least half of the time trying to listen to him." Notice that the goal describes time, place, and other logistics. Being specific increases the likelihood that prayer will happen.
-ADAPTED FROM TO SAVE A THOUSAND SOULS



READING *continued*

Below are several examples of prayer plans from people of different ages and vocations.

Prayer Plan of an 18 year-old teenage boy who is thinking about entering the seminary:



Each day

- 6:30 a.m. Pray three Hail Marys to know and accept my vocation.
- 7:00 a.m. I will go to Mass three times each week.
- 7:35 a.m. I will pray the rosary while I drive to school.
- 2:30 p.m. I will talk with Jesus about my day as I drive home.
- 9:00 p.m. I will pray for 20 minutes in the blue chair by the window with the phone, computer, and television turned off. During my prayer time, I will read the Mass readings of the day.

Each Week

- I will go to daily Mass three times per week, as my schedule permits.
- I will pray before the Blessed Sacrament in church for one hour each week.

This Year

- I will go to Confession at least monthly.
- I will go on 2 retreats.

Description of how a little 4 year-old girl prays every day:

This little girl has no brothers and sisters, but she feels the presence of God. When she plays house, blocks, puzzles, or runs in the yard, she plays with God. She prays before breakfast, lunch, and dinner with her parents. At bedtime she says, "thank you" to God for many things. Mostly her prayer everyday is smiling with love at God.



5th Grade Student's Plan for Prayer:

When I wake up I will pick one of these things to do today. When I am going to bed, I will do one more of these things.



1. Talk with Jesus in my thoughts about everything
2. Pray an Our Father, Hail Mary, and Glory Be
3. Listen to a song about God
4. Ask Jesus what to do
5. Kneel to pray by my bedside
6. Read a Christian book I like
7. Kiss a cross or crucifix
8. Look at a picture of something holy and think about its meaning
9. Memorize a Bible verse
10. Imagine that Jesus is standing near me
11. Do my work as if it were a present for Jesus

Be Curious

- What do you notice about the times of day each person prays?
- How might someone who prays like this think and feel?
- Which prayer plan seems most familiar to you? Most attractive?
- Does it surprise you that people of so many different ages have prayer plans?
- Do you know anyone who has a prayer plan?

YOUR OWN SPIN

- As that little 4 year-old girl grows up and gets very busy, she often forgets to smile at God. Walking through the day as if she is playing with him does not come naturally anymore. She misses that closeness that she had with God as a little child. What can she do now as a busy 10 year-old to help her be close to God again?
- For some people, planning is not exactly their favorite thing to do. How can people like this take the idea of being prepared, specific, and committed to prayer without feeling boxed in or overwhelmed?
- What would you recommend to them?



EXPLORATION



YOUR PRAYER PLAN

1. Create your own daily or weekly prayer plan.
2. Include 2 – 4 ways you will pray. You can draw ideas from the reading selection or come up with your own methods of prayer. Be realistic! Don't make your plan too hard.
3. Decorate your plan.
4. Post your prayer plan at home in a place you will see it everyday. Ask God to help you follow this plan.

VISUAL ART



"Grace Before Meal"

by Franz von Defregger

PRAY TOGETHER

Prayer for Generosity
– St. Ignatius of Loyola

Lord, teach me to be generous.

Teach me to serve you
as you deserve,

to give and not to count the cost,

to fight and not to
heed the wounds,

to toil and not to seek for rest,

to labor and not to ask
for any reward,

save that of knowing that
I am doing your will.

AMEN.