

Name _____ Date _____

Handout 9-A

Self-Evaluation on Prayer

Evaluate how frequently you engage in each of the following prayer experiences. Then write your response to the questions that follow.

- celebrate the Eucharistic liturgy
- read the Bible
- ask God to heal sick relatives and friends
- talk to Jesus as with a friend
- ask God for help in studies or other activities
- recite formal prayers, such as the Lord's Prayer and the Hail Mary
- ask for God's help when tempted to sin
- think about Jesus and how he would act in certain situations
- say prayers before and after meals
- examine your conscience before going to sleep
- pray the Rosary
- try to find answers by asking the Holy Spirit for insight
- praise God for the beauty in creation
- read spiritual books
- thank God for all the gifts he has given you, including your friends
- ask Jesus to help you see his presence in others
- ask God for forgiveness after sinning
- think about God
- adore Jesus while visiting him in the Blessed Sacrament
- listen to music that helps you think of God's beauty or greatness

Questions

How do you define prayer?

Which of these prayer experiences do you engage in the most? The least?

Which of these experiences has brought you the greatest peace and satisfaction? Why do you think that is so?

Name _____ Date _____

Handout 9-B

Litany of the Saints

Lord, have mercy

Lord, have mercy

Christ, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

Response: *Pray for us*

Holy Mary, Mother of God,

St. Michael,

Holy angels of God,

St. John the Baptist,

St. Joseph,

St. Peter and St. Paul,

St. Andrew,

St. John,

St. Mary Magdalene,

St. Stephen,

St. Ignatius of Antioch,

St. Lawrence,

St. Perpetua and St. Felicity,

St. Agnes,

St. Gregory,

St. Augustine,

St. Athanasius,

St. Basil,

St. Martin,

St. Benedict,

St. Francis and St. Dominic,

St. Francis Xavier,

St. John Vianney,

St. Catherine,

St. Teresa of Jesus,

(Other names of saints may be added.)

All holy men and women,

Response: *Lord, save your people*

Lord, be merciful,

From all evil,

From every sin,

From everlasting death,

By your coming as man,

By your death and rising to new life,

By your gift of the Holy Spirit,

Response: *Lord, hear our prayer*

Be merciful to us sinners,

Guide and protect your holy Church,

Keep the pope and all the clergy in faithful service to your Church,

Bring all peoples together in trust and peace,

Strengthen us in your service,

Jesus, Son of the living God,

Christ, hear us.

Christ, hear us.

Lord Jesus, hear our prayer.

Lord Jesus, hear our prayer.

Let us pray:

God of our ancestors who set their hearts on you, of those who fell asleep in peace, and of those who won the martyrs' crown: we are surrounded by these witnesses as by clouds of incense. Count us in the communion of all the saints; keep us always in their good and blessed company. In their midst, we make every prayer through Christ who is our Lord forever and ever.

Amen.

Name _____ Date _____

Handout 9-C

Novena to St. Joseph

Say the following prayer for nine days for anything you may desire. Trust that whatever is the outcome of your novena, it is truly what is best for you in accordance with God's will. Let go and let God!

O St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires.

O St. Joseph, assist me by your powerful intercession and obtain for me from your Divine Son all spiritual blessings through Jesus Christ, Our Lord; so that having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers.

O St. Joseph, I never weary contemplating you and Jesus asleep in your arms; I dare not approach while he reposes near your heart. Press him close in my name and ask him to hold me close when I draw my dying breath. Amen.

O St. Joseph, hear my prayers and answer my petitions. (*Mention your intention.*)

O St. Joseph, pray for me.

Name _____ Date _____

Handout 9-D

Jesus Teaches about Prayer

For each of these Gospel passages, write down phrases or sentences that summarize what Jesus is saying.

Matthew 6:5-8

Luke 11:9-13

Matthew 21:21-22

Luke 11:5-8

Mark 11:25

Matthew 18:18-20

After you have completed your summaries, rate each of Jesus' messages on a scale of 1-5 (with 5 being most difficult) as to how difficult it is for you to follow this teaching in your life. Put the rankings to the left of the biblical citations.

Name _____ Date _____

Handout 9-E

Lectio Divina

The following describes the steps of *lectio divina* from the Benedictine tradition:

1. *Reading (lectio)*. Select a Bible passage. Read it slowly. Pay attention to each word. If a word or phrase catches your attention, read it to yourself several times.
2. *Thinking (meditatio)*. Savor the passage. Read it again. Reflect on it. This time, pay attention to any emotions that may surface. Note the images that arise in your mind. Note any thoughts or memories the passage might call forth from you.
3. *Prayer (oratio)*. Consider what the Lord might be saying to you in this passage. Talk to him as you would to a friend. Ask him to show you how to respond to his Word or connect this passage to your daily life.
4. *Contemplation (contemplatio)*. Sit in the presence of the Lord. Imagine him looking at you with great love. Rest quietly in his presence. There is no need to think here. Just enjoy your time with him.
5. *Resolution*. Take an insight that you gained from your sacred reading and resolve to apply it to your life. Perhaps it is only a matter of saying a simple prayer of thanks. Perhaps you need to be more patient with someone in your life. Through the power of the Holy Spirit, Christ prays alongside you. You can be confident that your prayers are heard because Jesus constantly intercedes for you.

Suggested Scripture Passages:

- Today's Gospel reading (usccb.org/bible/readings)
- Call of the Apostles (Lk 5:1–11)
- Feeding of the five thousand (Jn 6:1–13)
- Calming of the storm (Mk 4:35–41)
- Miracle at Cana (Jn 2:1–12)
- Road to Emmaus (Lk 24:13–35)
- Good Samaritan (Lk 10:29–37)
- Treasure and the pearl (Mt 13:44–46)
- Laborers in the vineyard (Mt 20:1–16)
- Prodigal son (Lk 15:11–32)
- Temptation in the desert (Mt 4:1–11)

Name _____ Date _____

Handout 9-F

Our Father Reflection

Our Father who art in heaven,

Jesus invites you to call God “Abba,” to address the Almighty God intimately, securely, and with childlike trust. Jesus teaches you that God is a good, gracious, and absolutely loving parent.

Jesus’ invitation to call God “Father” implies two very important truths. First, Jesus’ Father is your Father too. God has adopted you. Jesus is your brother. Second, since God is your Father, you are brothers and sisters to one another; every person is intimately related to you. If you believe what Jesus teaches you by this prayer, you commit yourself to understand, love, and respond to everyone who comes into your life. You are all related through the Heavenly Father.

hallowed be thy name.

Your personal name calls forth your uniqueness. Jesus wanted Simon to be the leader of the Apostles, so he renamed him Peter, which means “rock.” Peter was to be the solid foundation on which Christ would build his Church. Your personal name carries special meaning: David is “beloved.” Jennifer is “gentle spirit.” Christopher is “Christ bearer.” Carol is “joyful song.”

For many in the ancient world, the name of a person *was* the person. When you pray for the “hallowing of God’s name,” you pray that the Father be regarded as holy by all people on earth (as God is already regarded in heaven). God is the source of all holiness, of all that is good, of all love. You make God’s name holy when you believe in God’s love and act on it by taking on the identity of Jesus Christ. When you live up to the name *Christian*, people will know and praise God because they can see God reflected through you.

Thy kingdom come; Thy will be done on earth as it is in heaven.

With the coming of Jesus Christ, God’s rule—which is firmly established in heaven—has broken into the world. Peace, justice, truth, community, and mutual love reign in heaven. Jesus inaugurated this reign on earth through his own ministry. He preached the Good News to the poor, brought liberty to captives, wholeness to those who were broken, and healing and salvation to all people.

Christians know that God’s Kingdom will only be fully established at the end of time, but they also know that Christians are to live, experience, and work for it right now. It is God’s will that a reign of peace and justice, of truth and service, be advanced in the world. To pray for the coming of God’s Kingdom means to join Jesus in his work: to feed the hungry and give drink to the thirsty, to welcome the stranger, to clothe the naked, to visit the sick and imprisoned, to respond to the needs of all those who come into your life, especially those Jesus called “these least ones.”

To do the Father’s will is to love God above all things and your neighbor as yourself. Your model is none other than your brother and Savior, Jesus Christ, who died so that you might have eternal life.

Give us this day our daily bread,

Bread represents what is needed for life. It also suggests a meal and the companionship that comes with a meal. When you pray for your daily bread, you are praying for a number of things. You are praying for the necessities (not luxuries) for physical life—food, shelter, and clothing—for psychological life—friendship, love, and companionship—and for spiritual life—grace, goodness, and integrity.

When you pray for your daily bread, you are praying not only for your own needs but for the needs of all brothers and sisters. If you mean what you are saying, you become conscious of your responsibility to share with others, especially those who are less fortunate.

The word *daily*, in the original Aramaic spoken by Jesus, may have also meant something like “for tomorrow, today.” When you pray for your daily bread, you are praying for the fullness of God’s material and spiritual gifts that will be yours in heaven. You dare to ask God to give you a taste of these gifts today.

And forgive us our trespasses as we forgive those who trespass against us.

It is difficult for most people to ask for and extend forgiveness. To ask for forgiveness is to be honest about yourself. You admit that you are a sinner and in need of God’s saving love. You acknowledge that you need Jesus who, will help you to turn from your selfish ways to a more loving life of service. You confess that you need help on your journey to the Father.

But you must also forgive others. Jesus connects the Father’s forgiveness of you to your forgiveness of others. God’s forgiving love can be come flesh in your life only if you extend forgiveness to others. When you forgive those who cause you hurt, you are communicating love and understanding, thus encouraging them to respond to you in love. The Our Father is a prayer that calls for action: to forgive as you have been forgiven.

And lead us not into temptation,

In following God, you will have trials. To follow Jesus means to pick up your cross, to endure some suffering in doing the right thing, to pay the price of love. You pray in this petition for the strength to overcome any difficulties that might steer you away from a Christian life of service. It also calls you to remove the temptations that prevent other people from knowing your loving Father: the subhuman conditions that keep people impoverished, the culture that encourages pornography and reduces people to objects, the laws that permit the taking of innocent human life, the policies that squander limited resources on destructive weapons that can reduce humanity to a shambles.

But deliver us from evil.

Finally, you pray that you might be delivered from the snares of Satan in a sensuous, materialistic, and violent society that ignores God and tempts you to rely on yourself. You pray that God may spare you from the evil of accidents, illness, and natural disasters. You pray that God will strengthen you to confront the evil for which you too share some blame—exploiting others, injustice, prejudice. Lastly, you pray that you will never be put in the situation where you might be tempted to deny your loving Father. This would be the greatest evil of all.

Name _____ Date _____

Handout 9-G

Linking the Our Father to the Gospels

Both Tertullian and St. Augustine believed that the Our Father was a summary of the Gospels. To explore their point, go through the Gospels and find at least one supporting passage for each phrase of the Our Father. Write out single passages, and name parables or longer stories. Make sure to list the citations for each.

Example: And forgive us our trespasses as we forgive those who trespass against us. "When you stand to pray, forgive anyone against whom you have a grievance, so that your heavenly Father may in turn forgive you your transgressions" (Mk 11:25).

Our Father

who art in Heaven,

hallowed be thy name.

Thy kingdom come;

thy will be done on earth as it is in heaven.

Give us this day our daily bread

and forgive us our trespasses as we forgive those who trespass against us.

And lead us not into temptation,

but deliver us from evil.

Amen.
