

SESSION 4.3 THE PRAYER PROCESS

WATCH VIDEO



5 MIN

TIP

Introduce the video by asking them: Has anyone ever really taught you how to pray? Tell them about how you learned to pray and how you wish you could have had access to a video like the one they are about to experience when you were their age.

DISCUSSION QUESTIONS [WB96]



10 MIN

- 1) Has anyone ever taught you how to pray? Who? When?
- 2) Which of the seven steps in the prayer process intrigued you the most? Why?
- 3) If you were going to set aside ten minutes to pray at the same time every day, what time of day would be best for you?



STEP 3 ENGAGE: WATCH & DISCUSS

CONTINUED...



6 MIN

EXERCISE: THE GEOGRAPHY OF PRAYER

Ask one of your class members to read aloud “The Geography of Prayer.” Go through the regions of the world that we pray for during each decade of the Rosary. Ask the students to name countries in that region. Then ask them how they think life is different in those places. [WB106]

Tip

Left to our own devices, most of us would become fairly self-centered. We cannot grow spiritually unless we get outside ourselves, and put other people and their legitimate needs ahead of our selfish and sometimes reckless wants. This exercise is designed to give perspective about how difficult life is for people in other parts of the world. The result of this perspective should be gratitude and a desire to help others.

THE GEOGRAPHY OF PRAYER

Do you pray only for yourself? If so, your geography of prayer is pretty small—tiny, in fact! As Christians, we believe we are called to pray for the whole world, and as such, the geography of our prayer should take in the whole world. When I was in high school I was given a rosary. Each of the five decades was a different color and represented a different region of the world. The idea was to offer each decade for the people in those different regions, thus praying for the whole world.

First decade (green beads): Pray for Africa

Second decade (red beads): Pray for the Americas

Third decade (white beads): Pray for Europe

Fourth decade (blue beads): Pray for the South Pacific

Fifth decade (yellow beads): Pray for Asia

Prayer is powerful. If we love our neighbor, we will pray for our neighbor. As Catholics, the geography of our prayer even reaches beyond this world when we pray for our loved ones who have died, that they may be united with God in paradise.

The geography of prayer is just one of millions of beautiful realities that make up our faith.

