

We Pray to God

Allelu!

Growing and Celebrating with Jesus

Lesson 5, Kindergarten

Lesson 5 Goal

- Your child will explore various ways to talk to God through traditional and spontaneous prayers and nonverbal prayer.

Key Points

- We can talk to God through prayer.
- God hears us when we pray.



Parent Reflection

Jesus teaches that God hears us when we pray, and describes God as a loving Father who pays close attention to his creation and will listen to our requests and care for our needs (Matthew 6:25–34; 7:7-11). When asked about how we should pray, Jesus teaches his followers the prayer commonly known as the “Our Father” or the “Lord’s Prayer.”

The Lord’s Prayer includes seven petitions, discussed in detail in the *Catechism of the Catholic Church* (2803–2854).

1. Hallowed be thy name—We enter into God’s plan by praying that his name will be made holy.
2. Thy kingdom come—Represents a desire both for the return of Jesus and for the coming of God’s Kingdom here on earth, in our own lives.
3. Thy will be done—We unite ourselves to the divine plan.
4. Give us this day our daily bread—A demonstration of our trust in God as Father to meet our material and spiritual needs.
5. Forgive us our trespasses, as we forgive those who trespass against us—We ask for God’s mercy, knowing that we can only receive it with an open heart if we have shown mercy to others.
6. Lead us not into temptation—Subjecting ourselves to the will of God, we ask him to unite our will with his.
7. Deliver us from evil—We ask for protection in the struggle against all that goes against God’s plan.

Reflection Question

Which petition(s) of the Our Father is (are) especially relevant to me right now?

Lesson Preparation

Before inviting your child to sit with you for lesson time, prepare all materials.

Materials

- Family Activity Sheet
- crayons, colored pencils, or markers
- poster board large enough to write the letters of the alphabet on
- drawing paper
- Activity Master #2 – Saint Page (Keep the saint page from each lesson to gather together

a Communion of Saints Book created by your child.)

Preparation Steps

- Make sure your child has a copy of Activity Master #2 (included with this lesson).
- Write the letters of the alphabet on the poster board.

Gathering

Create a prayerful space. You might place a candle on the table, or set a cross in front of you. Invite your child to join you in quietly preparing for prayer.

Say the following or similar words: “Now that we are in this prayerful space, let us find the quiet in our hearts so we can talk with God.”

Sit together for several seconds of shared silence.

Say, “What do we call it when we talk with God? (Encourage your child to think of the word *prayer*.)

We can pray in many ways. We can pray by asking God for help for ourselves and others. We also thank God. Those are just some ways that we pray, but we can pray always. Let’s use some different ways to pray today.”

Begin in prayer:

Make the Sign of the Cross together or bless your child by tracing a cross on his or her forehead: “In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

“Do you want to thank God for something?” (Encourage your child to pray a short prayer.) *“Sometimes we say an asking prayer for someone else, such as for a sick neighbor or friend. Can you think of someone special to pray for?”* (Encourage your child to say

a short prayer for someone special.) *“And we often say thanking prayers. Do you have a thanking prayer?”* (Have your child say a thanking prayer.) *“There are even more ways we pray. Thank you God, for all the different ways to pray!”*

Discovering

Pray Always. Turn to the first page of the Activity Sheet and read about prayer.

Ask your child, “When do we pray the Our Father?”

Turn to the second page of the Activity Sheet. Ask your child the “Ask Me!” questions and review the answers.

Exploring

Use the following activities to enrich your child’s understanding of the lesson and of our Catholic faith.

1. We Can Talk to God through Prayer.

Turn to the main activity of the Activity Sheet (center pages) and invite your child to describe what he or she sees. Give your child crayons or colored pencils. Explain the activity to your child and have him or her complete it.

2. Praying to God from A to Z.

 Help your

child recall that when we pray to God, we are talking to him and that he *always* hears us. Sit with your child and hold up the poster board showing the letters of the alphabet. Begin by sharing that we can talk to God *wherever* we are. God always hears us! Then, point to the letter A and say, “I can pray to God in the attic or while I am eating an apple, or in the afternoon, or in America, or in an apartment, or in the army, and so forth. This playful modeling gives your child the freedom to name words or circumstances to show that he or she can pray to God at any time no matter where they are or what they are doing. Continue with this through the alphabet. Have your child draw a picture of his or her favorite place to pray.

3. The Communion of Saints: Saint Teresa of Ávila. Show your child the picture of Saint Teresa of Ávila on the Family Activity page and read about her. Then read more about Saint Teresa to your child (see below).

Ask your child:

► “Teresa was joyful and playful. She was also serious and worked hard. When you feel joyful,

how do you talk to God? When you feel serious, how do you talk to God?”

► “What do you like best about this story?”

Have your child write and draw about Saint Teresa using Activity Master #2.

Sending

Pray the Our Father with your child. Begin by making the Sign of the Cross together, or bless your child by tracing a cross on his or her forehead. Pray aloud with your child.

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 it not into temptation,

but deliver us from evil. Amen.

Saint Teresa of Ávila

Talking and Listening to God

Teresa was a fun, friendly girl who wore pretty clothes. She danced, sang, and told wonderful stories. Teresa also talked with God when she was a little child. She prayed in many ways.

When she was a teen, she became sick. She spent time getting better by reading and praying. Teresa felt God was listening to her and was calling her to become a religious sister. She moved to a convent.

At the convent, Teresa noticed that the religious sisters were not praying as much as they should. One day, when Teresa was praying by herself, she had strong feelings about how Jesus had

suffered for us. She knew that everyone should spend more time in prayer. God had been listening to Teresa, and now Teresa heard what God was saying: God was calling her to make changes. She started new convents and changed old ones. Teresa traveled all over Spain, wrote letters and books, and prayed. She met with kings and the Pope. People still enjoyed her jokes, her friendliness, and her charm, but they saw too how much God loved this holy person.

And Teresa went on talking with God. She could pray so well, that many people said Teresa even joked with God!

DRAW



**Saint
Teresa of Ávila,
pray for us!**