

To live the life of prayer means to emerge from my drowse, to awaken to the communing, guiding, healing, clarifying, and transforming current of God's Holy Spirit in which I am immersed.

—Douglas V. Steere, *Dimensions of Prayer*



Dear Parents,

Today we began a module on prayer in *The Way of the Child*. Although prayer is a part of all our times together, the sessions in this module will help children develop skills and tools for a life of prayer. They will practice six forms of prayer:

- silence and listening to God
- breath prayer—a very short prayer to be repeated often
- examen—a way of looking back over the day with God
- intercession—praying for others
- reading scriptures prayerfully
- prayers of thankfulness

These forms of prayer will be used in other modules of *The Way of the Child*.

We encourage the children to practice their prayers at home. On several occasions we will send guidelines home with them. We hope that during the sessions you will support your children in their prayer life by

- encouraging them to talk with you about their experiences in the sessions.
- helping them remember their prayers.
- praying with them and for them.

If you have any questions, please don't hesitate to call us. We consider it a privilege to share this journey with the children.

Sincerely,

Name

Phone #

Were you aware of God's presence?

In what way?

What did you like about being silent with God?

Or draw a picture of what it is like to sit with God.

Think of some other times when you can be silent with God.

Write them on this page.

When you have finished, put your paper in your folder.

Think about people you love and who love you. Write their names.

How do they show their love for you?

How do you show your love for them?

Write a letter to God about the people you love.



What do you want God or Jesus to do for you?

Look at the list of names for God. Write the name that has meaning for you, or write another one in the blank space.

Write your breath prayer.



Think about God being with you all the time.

How do you feel about God being near you?

Does that thought cause you to feel glad or fearful?

In the dark of the night, do you think of God being with you?

How does that cause you to feel? Write your thoughts on this journal page.

Think of someone in your life who needs help. It could be someone at your school who is having difficulty, someone you know who is sick or lonely, or someone in trouble. Write that person's name in the center of this page.

Sit for a few minutes in silence and think about this person, what is wrong, how you feel about it, how he or she may feel, and why you care.

Use colored pencils to draw all around the name of the person as you think about him or her. When you have finished, sit in silence for a moment looking at your drawing. This is your prayer. Write *Amen* on the bottom of your page.



As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another, and if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony.

—Colossians 3:12-14



Loving God, help me hear your word for me.



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Lectio Divina

Pray: Loving God, help me hear your word for me. Amen.

Listen: Write one word or phrase that is important to you in this passage.

Meditate: Write all the things that come to your mind when you think of this word or phrase.

In silence read over this list and think about it.

Pray: Talk with God and listen.

Rest: Take a deep breath and rest for a moment.



Write a letter to God about what you are hearing.
Ask God any questions on your mind.



List as many things as possible (people, things, places) that you are thankful for.
Sit with your list in prayer.