



# Catch the Spirit



## This week, your child learned that:

- ▶ Prayer is the raising of one's mind and heart to God or the requesting of good things from God.
- ▶ Prayer begins when we respond to God's call with openness, and it leads to life changes.
- ▶ Prayer is fundamental to the Christian life.
- ▶ Types of prayer include blessing and adoration, petition, intercession, thanksgiving, and praise.
- ▶ Prayer can take on different forms, such as vocal, meditative, and contemplative.
- ▶ There are many difficulties in prayer, such as distraction and distrust in the Lord. But the more we pray and the closer we are to Christ and His Church, the more we can overcome these difficulties.



## Family Talk Time

Has your view of prayer changed this week? How? Have you learned to experience it differently? What is one of your favorite prayers of the Catholic Faith?



## Meditation for This Week:

Lord Jesus Christ, just as your disciples asked you to teach them how to pray, we ask you now to teach us how to pray. Give us the desire to want to pray, the heart to love you in prayer, ears to hear you speak to us in prayer, and the words to say to respond to you in prayer. Amen.



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## This week, your child learned that:

- ▶ The Lord is always the initiator in our relationship with Him.
- ▶ Prayer has a place all throughout Salvation History. We see this in the readings of the Old Testament and especially with Abraham, Moses, David, and the prophets.
- ▶ Jesus continues to teach us about prayer and our relationship with God.
- ▶ The saints of the Church can be beautiful examples of prayer. We can also look to people in our own lives and churches as examples and models of prayer.
- ▶ Christ taught us to pray to God as Father and gave us the Lord's Prayer as a model of how to pray.
- ▶ The Lord's Prayer encompasses everything that can and must be said to the Father.



## Family Talk Time

Can you think of a time when you knew that Our Lord was calling you to do something? How do you think your life would change if you prayed in every circumstance, the bad and the good? Who in your life is a great example of prayer?



## Meditation for This Week:

Dear Lord, you spoke to your people throughout Salvation History, revealing yourself to us more and more. Then, you spoke your one, perfect Word, your Son Jesus Christ, who saved us from sin. Speak to us now in prayer and continue to reveal yourself to us in word and deed. Help us to know you and to hear you in all we do. Amen.



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## This week, your child learned that:

- ▶ The Blessed Virgin Mary is the Mother of the Church. She is called the Spouse of the Holy Spirit and the Mediatrix of Grace.
- ▶ Mary is a model of faith and charity, and can teach us many lessons about prayer.
- ▶ The Rosary is a beautiful prayer to help us meditate on the life of Christ through the intercession of Mary.
- ▶ The liturgy is the official public worship of the Church.
- ▶ The Eucharist is the source and summit of our Faith, and the Holy Mass is the heart of the liturgy.
- ▶ The celebrations of all the Sacraments include liturgical prayer.
- ▶ The Liturgy of the Hours is the public prayer of the Church in which the clergy and laypeople alike “exercise the royal priesthood of the baptized” (CCC 1174).



## Family Talk Time

Why do you think devotion to Mary is so vital to the spiritual life? How does Mary provide the perfect example for us in our lives? What aspect of the Church do you think is most likely to draw hearts to Jesus Christ? Why?



## Meditation for This Week:

Mary said, “Behold, I am the handmaid of the Lord. May it be done to me according to your word.”

– LUKE 1:38



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## This week, your child learned that:

- ▶ When we pray, our hearts are in communion with God.
- ▶ Expressions of prayer include meditative prayer, contemplative prayer, and devotional prayer.
- ▶ We encounter God Himself in the Scriptures.
- ▶ The book of Psalms is a collection of 150 songs and poems used in prayer since the time of the ancient Jews.
- ▶ There exist psalms of praise, thanksgiving, lament, wisdom, and royal psalms.
- ▶ We should not pray with Scripture as we might analyze a book for English class. We read it to be with God and enter into a dialogue with Him.



## Family Talk Time

If we encounter God Himself in Sacred Scripture, how should we approach reading it? What are some ways we can show reverence in our words, actions, and intentions? Why? How do you think prayer affects the way we approach life?



## Meditation for This Week:

Dear Lord, Thank you for speaking to us in your Word. Thank you for coming into our hearts and speaking to our souls. Help us to always hear your Word, believe in your teachings, and be transformed by the fire of your love. Amen.



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## This week, your child learned that:

- ▶ We should pray with faith and persistence.
- ▶ We should pray for God's mercy when we sin.
- ▶ Abraham, Jacob, and King David are Old Testament models of prayer.
- ▶ The Blessed Virgin Mary and the saints serve as models of prayer, and we can ask them to pray for us.



## Family Talk Time

Do you think it takes faith to have persistence? How can the saints help us in our lives? Why do you think we need to have role models and examples to follow? Who is one of your role models?



## Meditation for This Week:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.