

Thursday 28th January 2021

OLI: To explore the Christian's life journey of prayer

Christians believe that life is God's gift and that everything in life reflects God's love. The presence of God the Creator, Jesus the Son of God and the Holy Spirit is in the everyday life of Christians.

Prayer is therefore an important part of Christian life. This includes regular prayers, going to church every week to worship God and celebrating all the major events in life, including birth, marriage and death. Many people pray when they wake in the morning and before they go to sleep at night and at other times during the day. Christians thank God for their food by saying grace before and after meals. We can pray for one another, for special occasions, if someone is ill or in difficulty, or at joyful times like the birth of a new baby, a wedding etc.

When Christians come together for Mass or special services, there are 'formal' prayers which they say together such as the 'Our Father' or the 'Glory to God'. There are also set responses to prayers which people make together. Through prayer Christians talk to God and they develop their relationship with God. In quiet prayer the Holy Spirit speaks in a person's heart and prompts them to follow the example of Jesus' journey on earth in his love and care of others. Prayer leads to good actions.

SOME KEY QUESTIONS

- Q Why is prayer important in Christian life?
- Q What prayers do you say at home and in school?
- Q What are your favourite prayers and why?
- Q What helps you to pray?
- Q How can we help others with our prayers?
- Q What does prayer lead you to do?

Today's activity:

- Make a table with 3 columns, showing the prayers which are prayed in school, the time of day they are prayed and why. (I have provided a template for this)

School day prayers:

Prayer at the start of the day
Prayer before lunch
Prayer after lunch
Prayer at the end of the day

Prayers in Assembly:

Our Father
Hail Mary
Glory Be