

PRAY this Lent



PRAY THIS

“He was praying in a certain place, and when he had finished, one of his disciples said to him, ‘Lord, teach us to pray just as John taught his disciples.’ He said to them, When you pray, say: Father, hallowed be your name, your kingdom come. Give us each day our daily bread and forgive us our sins for we ourselves forgive everyone in debt to us, and do not subject us to the final test.” - Luke 11:1-4

- Jesus taught us to call God our Father. How is God a good father to us?



WATCH THIS

Watch “Quick Wins with Fr Matt Gill“, where Fr. Gill discusses the Lenten pillar of prayer and how we can pray.

<https://www.youtube.com/watch?v=mpd7IR80ryE>



DISCUSS THIS

- Have you heard of any of the ways to pray that Fr. Gill named?

- What helps you to pray?



PRAY this Lent



- Why is it important that we spend time talking with and listening to God?

- Fr. Gill shares that prayer is a conversation between us and God, where we live up what is on our heart. What is going on in your life or is on your heart that you want to share with God?



DO THIS

Fr. Gill shares how we should try different forms of prayer, especially if we have a hard time praying. Below are some examples of different forms of prayer. Circle one that you will learn about and try, then write down when you will try it. (If you are in a class or group with others, pick one you want to learn about and try together)

Read
Scripture

Rosary

Divine Mercy
Chaplet

Litany

Eucharistic
Adoration

Act of
Contrition

Memorare

Stations of
the Cross

Divine Praises

Angelus

Novena

My Prayer Time will be: _____

