

St. Laurence Catholic Parish  
Elementary Children's Faith Formation (CCE)  
Week 5 Lesson Plan  
(Home Study Version)



## Unit 2 – How do we get to know and love Jesus Christ?

**EQ #1: *How does praying help me know and love Jesus Christ? (Part 1)***

### PARENT CATECHIST PREPARATION

*To prepare for this week's lesson:*

- Establish a dedicated time and comfortable learning space for your family discovery session.
- Create a [Prayer Table](#) (or check out [How to Make a Prayer Table for Kids](#)) in a special corner of your home.
- Prepare your adult heart and mind by watching one of the following videos ahead of the lesson: [THE POWER OF PRAYER](#) or [HOW AM I SUPPOSED TO PRAY?](#)
- Reflect upon a favorite Scriptural passage about prayer that you would like to share with your children and why it is important to you, or consider any one of the following: [MATTHEW 6: 5-13](#), [MARK 1: 35](#), [LUKE 22: 39-46](#), [1 THESSALONIANS 5: 16-18](#), or [PHILIPPIANS 4: 6](#)

**Supplies you may want to have on hand before beginning the Lesson:**

- A Catholic family or children's Bible (go to [USCCB](#) for approved Bible translations)
- An electronic device with reliable internet access
- Sticky notes
- Art/craft or any unlined paper
- Crayons, markers and pencils
- (Optional): Materials necessary for any of the craft ideas selected during the EXTEND segment of the lesson



## **OPENING PRAYER**

Begin your discovery session today with your child or children in prayer. Gather together in your dedicated prayer space and ask your children to quiet their minds and hearts as you pray together. Begin with the [SIGN OF THE CROSS](#) and recite a favorite prayer, choose one of the [COMMON PRAYERS BY GRADE](#) or the [THE JESUS PRAYER](#) together. Conclude by praying the [SIGN OF THE CROSS](#).

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## **ENGAGE**

### **(Mental warm-up)**

**Say**, “Today, we are going to discover how praying can help us come to know and love Jesus Christ more deeply. I want to share with you one of my favorite passages about prayer found in the Bible... *(Read your favorite passage from the Bible about prayer and explain WHY it is important to you or your favorite passage)* ... You know, throughout the Bible, we hear many examples of God’s people growing closer to Him through personal or community prayer.”

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## **EXPLORE**

### **(Pre-assessment of faith concepts)**

**Ask/Discuss**, “What do you know about prayer?”

- ❖ As your child or children share their ideas, have them jot a few down on a sticky note (with their name) and then place them on the wall in your discovery space. (For younger children, you may act as the ‘scribe’). Retain the sticky notes to have an understanding of what your child or children already know or don’t know. This will be helpful as you move along through today’s lesson.
  - ❖ To facilitate thinking and discussion, use some of the following prompts: Think of a close friend of yours. How did you get to know that person? What kinds of things happened so that they became your friend? How did you come to love them and enjoy spending time with them? What is prayer? Who do we pray to? Can anyone pray? How should we pray? Are there different types of prayer? Can you list some examples? *Plus, any others you can think of...*
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## **EQ “Essential Question”**

**(This question serves as a cognitive bookend for your child or children – i.e., it is the targeted “so what” or “take-away” of the lesson being presented that your child should be able to articulate at the end of your session today).**

Share and post a physical representation of the lesson’s EQ in your study space:

***How does praying help me know and love Jesus Christ?***

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**EXPLAIN** (Either guided with your assistance or working independently, have your child or children review their relevant grade-level material – listed below - and complete the workbook activities. *Empower older children by allowing them to mentor younger siblings*):

- Kinder:** *Call to Faith, Chapter 5 (You Pray)*
- Grade 1:** *Alive in Christ, Chapter 9 (Jesus Teaches Us to Pray)*
- Grade 2:** *Alive in Christ, Chapter 15 (Ways to Pray)*
- Grade 3:** *Alive in Christ, Chapter 6 (Pray Always)*
- Grade 4:** *Alive in Christ, Chapter 6: pg. 114 (Making Good Choices), Chapter 7: pg. 126 (The Beatitudes) plus review pg. 324-330 (We Pray)*
- Grade 5:** *Alive in Christ, pg. 9-11 (Ordinary Time - Queen of the Holy Rosary) plus review pg. 324-330 (We Pray)*
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## **EXTEND**

(As a family, gather back together and have each child share, in turn, what they learned about prayer. Together as a family, come up with a list of *at least three new things* that you learned, were surprised by or think others should know about prayer. Then, *extend the lesson together by completing at least one of the activities* provided below).

### **Lower Elementary:**

- **Video** Watch the [OUR FATHER SONG, HOW DO WE PRAY?](#) or [GOD'S STORY: PRAYER](#) video
- **Crafts** Make the [OUR FATHER PRAYER CROSS](#), [FIVE FINGER PRAYER CRAFT](#), [I CAN PRAY WHEEL](#) or the [PRAYER HANDS BOOKLET](#)
- **Activities** [GOD CAN HEAR ME OBJECT LESSON](#) or the [PRAYING HANDS CONNECT THE DOTS](#)

### **Upper Elementary:**

- **Video** Watch the [EXPLAINING THE LORD'S PRAYER TO KIDS](#) , [HOLY FATHER, TEACH US TO PRAY](#) or [THE LORD'S PRAYER \(IN ARAMAIC\)](#) video
  - **Crafts** Make the [CATHOLIC PRAYER PUZZLES](#) using [COMMON PRAYERS BY AGE/GRADE](#) or [CATHOLIC PRAYERS](#) (you can print out the prayers you want to make puzzles of for free from either of these two sites) or have each child make a [PRAYER JOURNAL](#)
  - **Activities** Play one of the [PRAYER GAMES FOR KIDS](#) or complete one of the [YOUTH PRAYER ACTIVITIES](#) together as a class
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## **EVALUATE/REFLECT**

Restate today's Essential Question (EQ) – *How does praying help me know and love Jesus Christ?*

- **Summarize what's been learned during this lesson, emphasizing those concepts which may have been missed or misunderstood in the EXPLORE step above.**

**Say,** "Today's lesson showed us that prayer is a *conversation* with God. Just as Jesus talked with God and listened to Him, we can too. Prayer is so important that when he lived on earth, Jesus showed us not only how *he* prayed to God, his Father, but also how He wants us to pray. He did this by sharing the perfect prayer, the *Lord's Prayer* (or *Our Father*) with us. Don't forget that as Catholics, every time we begin and end our prayers

with the *Sign of the Cross* we are reminded of the *Holy Trinity* which is a mystery of our faith. We believe that there is one God who exists in three persons, God the Father, God the Son and God the Holy Spirit. Our daily prayer life should include at least morning and evening prayers, as well as prayers before and after meals. We can pray by ourselves or with others (think of Mass), any time or anywhere, with our own words or those in prayers commonly used by Catholics. When we talk to our friend Jesus deep within our hearts, it keeps us close to God and helps us to better understand His will for our lives.”

- **Say**, “Think back to the passage that I read from the Bible at the beginning of our lesson today. What did you learn from that Scripture about how Jesus prayed? (*Discuss together, affirming appropriate answers and reinforcing lesson teaching points*).
- **Separately reflect on these questions: *We can talk to our friend, Jesus, anytime and anywhere we wish just by praying. When and where is your favorite time to pray? Why? What is your favorite prayer? How do you think you can get closer to God by spending time with Him in prayer?*** (*After some reflection time, turn and share your answers with another family member*).

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## **CLOSING PRAYER**

Gather together in your dedicated prayer space and ask your children to quiet their minds and hearts as you pray together. Begin with the [SIGN OF THE CROSS](#) and recite a favorite prayer, choose one from the [COMMON PRAYERS BY GRADE](#), sing the [OUR FATHER](#) or ask the children to offer up their [INTERCESSORY INTENTIONS](#). Conclude by praying the [SIGN OF THE CROSS](#).



## **BONUS (optional)**

- **What We Pray:** In Matthew 6: 9-13, Jesus taught us the *Lord’s Prayer*, also known as the *Our Father* prayer. Learn to pray the [LORD’S PRAYER IN ASL](#) (*American Sign Language*). Have the children practice it to share with their family and friends.
- **Saint of the Week:** *Saint Monica* is best known for a persistent prayer life which exemplifies the power of *Intercessory Prayer*, or prayer for the benefit of others. Learn more about the life of [SAINT MONICA](#). Discuss the concerns of Saint Monica’s life and how God resolved them. Then, have the children write an intercessory prayer for a special family or friend intention and have them make it a part of their daily prayer time with their families.

***Want to extend your family’s formation about this topic? Check out these additional resources which can be used at the Parent Catechist’s discretion, if desired:***

- **Parent Preparation Videos:** [BEGINNING CATHOLIC - HOW TO PRAY](#), [WHAT IS PRAYER](#), [TIPS FOR PRAYING](#), [HOW AM I SUPPOSED TO PRAY](#), [POWER OF PRAYER](#), [FIVE WAYS TO PRAY](#), [BISHOP BARRON ON PRAYER](#), [HOW CATHOLICS PRAY](#) and [1ST KEY TO TEACHING CATHOLIC CHILDREN FAITH](#)

- **Lesson Plans/Resources:** [COMMON PRAYERS BY AGE/GRADE](#), [CHILDREN'S PRAYERS](#), [CHILDREN'S MINISTRY: WHAT IS PRAYER?](#), [CLASS PRAYER RESOURCES](#), [THE LORD'S PRAYER](#), [I CAN TALK TO GOD](#), [TEACHING KIDS TO PRAY](#)
- **Videos:** [OBJECT LESSON ON PRAYER \(4:45\)](#), [OBJECT LESSON ON PRAYER \(7:45\)](#), [LECTIO DIVINA](#) (stop at 4:13), [HOLY FATHER, TEACH US TO PRAY \(2:38\)](#), [WHAT IS PRAYER? \(2:53\)](#), [THE POWER OF PRAYER \(6:04\)](#), [GOD'S STORY: PRAYER \(4:35\)](#), [TALKING TO GOD \(3:34\)](#), [EXPLAINING THE LORD'S PRAYER TO KIDS \(6:43\)](#), [THE NICENE CREED \(1:45\)](#), [THE LORD'S PRAYER \(IN ARAMAIC\)](#) (the language Jesus spoke-4:20), [JOURNEY TO THE HEART: CENTERING PRAYER FOR CHILDREN \(6:44\)](#), [HOW DO WE PRAY? \(1:04\)](#), [GUARDIAN ANGEL PRAY & SONGS \(5:13\)](#), [ST. MICHAEL PRAYER AND SONG \(3:58\)](#)
- **On FORMED.org:** Brother Francis: *Let's Pray! A Lesson on Prayer*, Cat Chat: *Teach Me to Pray, Learning About Prayer* (Refer to [INSTRUCTIONS FOR ACCESSING FORMED](#) to gain free access to the St. Laurence parish membership subscription).
- **Activities/Crafts:** [I CAN PRAY SPINNER CRAFT](#), [CHILD'S PRAYER JOURNAL](#), [CATHOLIC PRAYER PUZZLES](#), [PRAYER WORKSHEETS](#), [PRAYER CRAFTS](#), [CATHOLIC ICING](#), [PRAYER HANDS](#), [THE LORD'S PRAYER BRACELET](#), [CHILDREN'S PRAYER STARTERS](#)



- **Picture Books:**
  - *What Happens When I Talk to God?* by Stormie Omaritian
  - *The Angel God Gave Me* by Brother Francis
  - *Take it to the Queen: A Tale of Hope* by Josephine Nobisso



- **Other Resources:** [LECTIO DIVINA WITH KIDS](#), [LECTIO DIVINA](#), [LECTIO DIVINA FOR KIDS](#), [POPE FRANCIS 5 FINGER PRAYER](#)