

Young Apprentices

A RESOURCE FOR THE RCIA

CATECHUMENATE SESSION: CHRISTIAN PRAYER

Fifth Sunday of Lent • Year B • March 17, 2024

**Lord Jesus,
you spoke to your Father
from your heart.**

**Help me to remember
that I can speak to you
at any time,
in any place,
and about anything.**

Teach me to pray.

Amen.



Sunday Word

Jeremiah 31:31-34

Psalms 51:3-4, 12-13, 14-15

Hebrews 5:7-9

John 12:20-33

The above readings are available at
usccb.org/bible/readings.

To Help You Remember



1. God promised Israel that he would forgive their evildoing and remember not their sins.
2. By his suffering and Death, Jesus became the source of Salvation for all who obey him.
3. Followers of Jesus are to be his servants.

Key Teachings



Here are three ways to pray that you may wish to try alone or with your family.

Vocal Prayer is spoken prayer, using words said aloud or in the quiet of one's heart.

Meditation is a form of prayer in which we use our minds, hearts, imaginations, emotions, and desires.

Contemplation is a form of prayer without using words, in which we focus our minds and hearts on God alone.

Faith Words



prayer

Prayer is conversation with God. It is talking and listening to him, raising our minds and hearts to God the Father, Son, and Holy Spirit.



devotions

Devotions are part of the prayer life of the Church. They are acts of communal or individual prayer that surround and arise out of the celebration of the liturgy.

My Prayer Time

With My Family



We Listen

In the First Reading, the Lord forgives Israel for breaking the Covenant and reminds them, "I will be their God, and they shall be my people." The Second Reading and the Gospel both refer to Jesus' Death and Resurrection as our source of eternal life. Like a grain of wheat, Jesus dies but is "lifted up from the earth."

We Believe

Jesus is a model of prayer. In his time of need, Jesus cries out to God. God hears Jesus' cry and answers. We too must turn to God in prayer. We turn to God in times of trouble—yet not just in times of trouble. As followers of Jesus, we orient our entire lives to God.

We Live As Disciples

Jesus says in today's Gospel that "Whoever serves me must follow me." Following Jesus can be kind of hard. It leads to the Cross. What do you find hard about following Jesus? How can prayer help you?

We Pray

Pray these words from the Third Scrutiny:

"[May the Elect] be given the faith to acknowledge Christ as the resurrection and the life" (RCIA, 174).

Give family members time to quietly think about where they need greater faith.

Then again pray together the words from the Third Scrutiny.

Three Kinds of Prayer

Here are examples of the three kinds of prayer listed on the participant handout for this week. Try these kinds of prayer as a family. Talk about which kinds of prayer you like best and why.

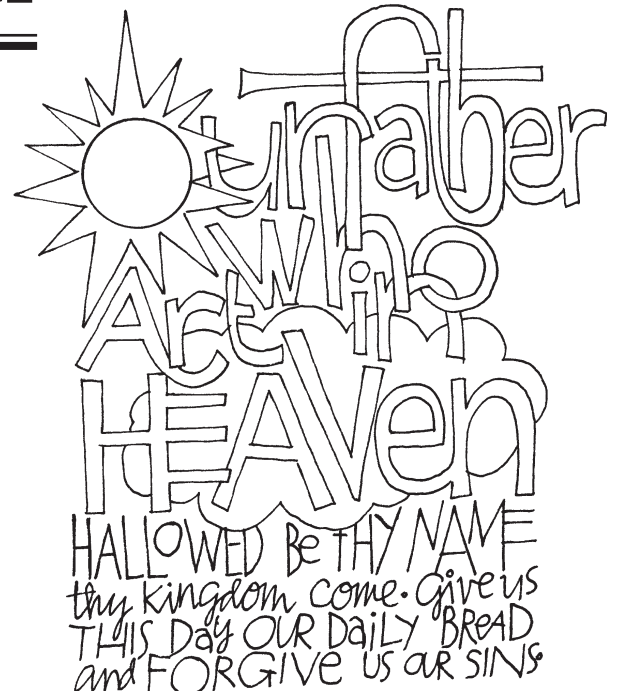
Vocal Prayer

Just talk to God! And listen, too. Vocal prayer is spoken prayer, using words said aloud or in the quiet of one's heart. Use your own words to say whatever you like to God. Start by saying,

Dear God...

OR

Use the words the Church has given us and say a prayer like the Our Father or Hail Mary.



Our Father

Our Father, who art in heaven,
 hallowed be thy name;
 thy kingdom come, thy will be done
 on earth as it is in heaven.
 Give us this day our daily bread,
 and forgive us our trespasses,
 as we forgive those
 who trespass against us;
 and lead us not into temptation,
 but deliver us from evil.
 Amen.

The Hail Mary

Hail, Mary, full of grace,
 the Lord is with thee.
 Blessed art thou
 among women
 and blessed is the fruit
 of thy womb, Jesus.
 Holy Mary,
 Mother of God,
 pray for us sinners,
 now and at the hour of our death.
 Amen.

Meditation

Meditation is a form of prayer in which we use our minds, hearts, imaginations, emotions, and desires. Stories and images from the Bible are often used for meditation. Use the image from today's Old Testament reading, Jeremiah 31:32: "I took them by the hand to lead them forth from the land of Egypt."

Try this simple meditation. You can do this by yourself or you can have a family member guide you through it.

- ❖ Sit quietly with your eyes closed.
- ❖ Ask God to come into your heart and guide you.
- ❖ Imagine God leading the Israelites, taking "them by the hand to lead them forth from the land of Egypt."
- ❖ Now, imagine God taking you by the hand to lead you.
- ❖ Sit silently for 2-3 minutes and imagine God leading you by the hand.
 - Where does God lead you?
 - What do you say in reply?
 - What does God say to you?
 - Now, imagine God leading you home.
- ❖ When you are ready, open your eyes and talk to a family member about your prayer.
Or, say a silent prayer of thanks to God for meeting you in prayer.

Contemplation

Contemplation is a form of prayer that is simply being with God. It's kind of like meditation, but not as focused on a certain image.

Try this simple contemplation exercise. You can sit by yourself or you can sit with another member of your family.

- ❖ Sit quietly with your eyes closed.
- ❖ Relax your body.
- ❖ Now, silently say the name of Jesus. Repeat Jesus' name. Say it very slowly.
- ❖ Slowly say Jesus' name over and over.
- ❖ Let your mind wander wherever God leads it.
- ❖ After a few minutes, open your eyes and thank God for being with you.