

Leader's Guide for
PRAYER WITH YOUNG PEOPLE
Prayer of Praise

Respect and reverence, awe and wonder are our natural responses to our loving and generous God who made and sustains all of creation. This video encourages children to have an attitude of praise through a story, a praise walk and a guided meditation. It also contains a Glory Be Prayer with gestures, a chant, St. Francis of Assisi's Song of the Sun, and the voices of young people speaking their own prayers of praise.

1. Ask "What do you remember of the story 'Small Spirit?' What would you choose to tell of it to a younger person?"
2. Take a nature walk. We praise God through what we see and hear. Invite each student to choose and name what he or she experienced. As a group, respond, "Glory be. We praise you God."
3. We experience the nearness of God in the gifts of creation. To help children begin to relate to the created world as a gift, seeing everyone and everything as brother or sister as Francis of Assisi did, have them make drawings of sun, moon, stars, wind, water, fire, earth and their hand prints. Have a praise parade. Sing, chant or play musical instruments.
4. Pray the Glory Be with gestures.
5. Make a prayer flag with pictures or words. Go outside to praise God and all that God has made by sending a blessing. Ask students to imagine the wind moving through their prayers, carrying them in the four directions.
6. Make a chant or learn "Oh Great Spirit" from the video. Repeat it a few times. Offer the opportunity for young people to respond about how they felt while chanting.
7. We discover God in creation. With a fond or imaginary object, offer a guided meditation as in the video. Then have students write a prayer based on the chosen object. Share.
8. Rewrite a psalm (i.e., Psalm 148 or 150) or paraphrase Daniel 3:62-82. Read with soft music in the background for a Song of Gladness Celebration. Close by singing AMEN.

For Grades 1-3: You may want to stop the video after St. Francis' Song of the Sun and show the second half later.

Prayer Classroom Activity Book (K1801) complements this series and is available from St. Anthony Messenger Press.

Leader's Guide written by: Gaynell Cronin

© MCMXCVIII St. Anthony Messenger Press. All rights reserved.

NOTE: This guide can be printed and cut down in size to be stored with the DVD version of this video program. Simply cut ¾ inch from each side of the page for a guide that, when folded, can be placed inside of the DVD case or attached to the DVD or VHS case.

For use with:

Praying With Young Children on VHS (K180A) and DVD (D1800)

St. Anthony Messenger Press
28 W. Liberty St.
Cincinnati, OH 45202-6498
800-488-0488
www.AmericanCatholic.org

Leader's Guide for
PRAYER WITH YOUNG PEOPLE
Prayer Anytime, Anyplace, About Anything

Prayer is talking with and listening to God. It is also a meeting with our friend Jesus. Children's prayers are heard asking the questions: "Where / When / About what do we pray?"

1. In spending time with Jesus through prayer, we can grow in our friendship with him. Have students design an invitation asking Jesus to come and visit them. "On the invitation write or draw some of the things you want to talk about during this visit. Decide where you want to meet Jesus for this play date."
2. Construct a map of your community. Mark streets, stores, playgrounds, homes, schools, etc. Have group members put their name on a place where they will remember to pray the next time they are there.
3. Draw a clock. Invite students to place their names on the face of the clock to show their favorite times to pray. Note uniqueness in choices and highlight the fact that we can pray anytime.
4. Ask "With what or whom did you identify in this video? What was the situation?" Have students name other things they could talk about with God. List their responses.
5. We can pray in all the things we do. Write a prayer out of a situation, or use one of these: walking to school, during a ballgame, before a test, in the morning.
6. Have students participate in a guided imagery with Jesus. "Close your eyes. Relax. Do a breathing exercise. Recall people or things that speak of God's goodness (in nature, at home, at school, in the neighborhood). Choose one and thank God." Pause; ask if anyone would like to share what they have named.
7. Like Jesus, we pray out of the experiences we live daily. Ask the group to write and share prayers in response to one of these situations from the video: When I feel I have no friends, When I am lonely, When I am embarrassed, When I am sorry.
8. Do a prayer wheel.

For Grades 1-3: You may want to stop the video after the activity of Praying Anytime and show the second half later.

Prayer Classroom Activity Book (K1801) complements this series and is available from St. Anthony Messenger Press.

Leader's Guide written by: Gaynell Cronin

© MCMXCVIII St. Anthony Messenger Press. All rights reserved.

NOTE: This guide can be printed and cut down in size to be stored with the DVD version of this video program. Simply cut $\frac{3}{4}$ inch from each side of the page for a guide that, when folded, can be placed inside of the DVD case or attached to the DVD or VHS case.

For use with:

Prayer: Any Time, Any Place, About Anything on VHS (K180B) and DVD (D1800)

St. Anthony Messenger Press

28 W. Liberty St.

Cincinnati, OH 45202-6498

800-488-0488

www.AmericanCatholic.org

Leader's Guide for
PRAYER WITH YOUNG PEOPLE
Prayer of Asking

In prayer, we trust that God is with us in all our needs. The most common form of prayer is one of petition. In this video, young people pray for others, for themselves and as Jesus prayed. They are invited to experience a guided imagery, a pebble prayer, a world prayer, Prayers of the Faithful and praying as a group for someone who is sick.

1. As a group, pray the beads of the rosary as this young girl did, or provide students with squares of material to make a bag for pebbles they collect. Invite them to name and pray for someone on each pebble as they place it in the bag.
2. Invite children to offer prayers for people in need by creating a prayer list at the beginning of the week. This helps to develop a faith community and offers an opportunity not only to be in touch with their own emotional needs but also to discuss sickness and suffering in everyday life. Or provide a "Prayer Intention Box" in which names are placed. Until they feel comfortable speaking in public, you could read these names during a Prayer of the Faithful.
3. Create a World Prayer and pray it daily.
4. Have students outline their hands. Ask them to choose a situation in which they asked God for support and write it in their hand. Whenever we need help, we can just talk with God and ask for it. We should never feel embarrassed to pray for ourselves.
5. Have students write their name on a class calendar the day they would like the group to pray for them.
6. Pray or sing in a familiar chant the Our Father. Create gestures with the class (e.g. First half of prayer extend hands forward and upward, then down for "Thy Kingdom come." Second half extend hands forward waist high, then cross arms at upper body for "Lead us not.")
7. Invite students to envision the answer to their prayers, see the sick person whole and healthy again. Gather and pray the closing prayer service from the video for someone who is sick.

For Grades 1-3: You may want to stop the video after the activity of "A Help Prayer" (hands activity) and show the second half later.

Prayer Classroom Activity Book (K1801) complements this series and is available from St. Anthony Messenger Press.

Leader's Guide written by: Gaynell Cronin

© MCMXCVIII St. Anthony Messenger Press. All rights reserved.

NOTE: This guide can be printed and cut down in size to be stored with the DVD version of this video program. Simply cut ¾ inch from each side of the page for a guide that, when folded, can be placed inside of the DVD case or attached to the DVD or VHS case.

For use with:

Prayer of Asking on VHS (K180C) and DVD (D1800)

St. Anthony Messenger Press
28 W. Liberty St.
Cincinnati, OH 45202-6498
800-488-0488
www.AmericanCatholic.org

Leader's Guide for
PRAYER WITH YOUNG PEOPLE
Prayer of Quiet

In our fast paced world, young people need to discover ways to pay loving attention to the God who dwells within them. This video invites young people to come face to face with God in silence by experiencing the words of Scripture, "Be still. Know that I am here" through a breathing prayer, a word prayer, centering prayer, the prayer of Mother Teresa and a relaxing body prayer which leads them into guided imagery.

1. Why do we need silence in our life? Invite students to make five of their own responses. Share a time and place when they were silent and felt close to God.
2. To develop a prayer of quiet, calmly guide students to relax each part of their bodies.
3. We experience God's deep love for us. In the centering prayer, ask students to make their body comfortable. Invite them to rest their hands open on their lap, a gesture of willingness to welcome God's love. Say, "Become aware of your breathing. Inhale and exhale on a count of five. Feel God's deep and abundant love for you. Hear God call you by your name, 'You are precious to me. I hold you in the palm of my hand.' Experience the warmth and comfort of God's love. Relax in this love. With each breath, thank God for this love."
4. Display the prayer of Mother Teresa: "Jesus, in my heart I believe in your tender love for me. I love you." Discuss this meaning.
5. Scripture says: "pray always and do not lose heart" (Lk 18:1-8). Have each student choose a mantra (word prayer) and repeat it often, letting it run through each of their minds as they breathe, work and play. Say: "Choose a name for God and get in touch with your need, and with what you most want to say to God. Sit quietly and let one word guide you. Now try walking as you repeat this word which guides your life right now."
6. Have students design a card with their word prayer and bring it home as a reminder to practice prayer of quiet.

For Grades 1-3: You may want to use this video in three parts.

Part I: Stop video after centering prayer experience.

Part II: Stop video after Mother Teresa prayer.

Part III: Continue with Word Prayer to the end.

Prayer Classroom Activity Book (K1801) complements this series and is available from St. Anthony Messenger Press.

Leader's Guide written by: Gaynell Cronin

© MCMXCVIII St. Anthony Messenger Press. All rights reserved.

NOTE: This guide can be printed and cut down in size to be stored with the DVD version of this video program. Simply cut ¾ inch from each side of the page for a guide that, when folded, can be placed inside of the DVD case or attached to the DVD or VHS case.

For use with:

Prayer of Quiet on VHS (K180D) and DVD (D1800)

St. Anthony Messenger Press
28 W. Liberty St.
Cincinnati, OH 45202-6498
800-488-0488
www.AmericanCatholic.org