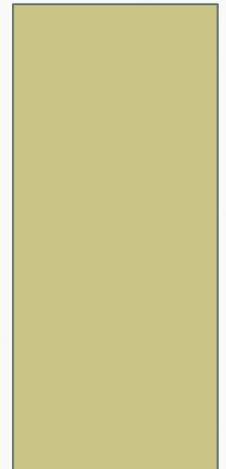


FAMILY FAITH FORMATION – 2021/2022

SAINT PATRICK'S & SAINT LUKE'S



THE PURPOSE OF FAMILY FAITH FORMATION

- To help you learn more about God so that you can deepen your own personal relationship with Him.
- To give you the confidence to speak about your Catholic faith with others.
- To help you as you guide your children in their own personal relationship with God.
- To provide you with an opportunity to spend more time with your immediate family and also with our parish family.
- To provide you with a short time for prayer and an opportunity to use the Sacrament of Reconciliation.

THE PURPOSE OF FAMILY FAITH FORMATION

- The Catechism of the Catholic Church is divided into 4 sections. They are:
 - The Creed – What we believe
 - The Sacraments – How we are sanctified
 - The Commandments – How we are to live
 - Prayer – How we relate and interact with God
- This year we will be studying Prayer

INTRODUCTION TO PRAYER

- And when you pray, do not be like the hypocrites. For they love to pray standing in the synagogues and on the street corners to be seen by men. Truly I tell you, they already have their full reward. But when you pray, go into your inner room, shut your door, and pray to your Father, who is unseen. And your Father, who sees what is done in secret, will reward you (MT 6:5-6).

INTRODUCTION TO PRAYER

- So, what is prayer?
- Prayer is talking to God, and by extension, to the angels and saints.
- For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy (St. Therese)

INTRODUCTION TO PRAYER

- Why pray?
- Because there is a natural desire to know our Creator ...
- Because God desires this.
 - Come to me, all who labor and are heavy laden, and I will give you rest (Mt 11:28)

INTRODUCTION TO PRAYER

- All faithful sons and daughters of God reach out and talk to (pray to) God.
 - Abraham (Gen 20:17)
 - King David (Ps 86:1-17)
 - The Blessed Virgin Mary (Lk 1:46-55)
 - Saint Paul (Acts 9:11)
 - Jesus (Lk 22:41)

INTRODUCTION TO PRAYER



INTRODUCTION TO PRAYER

- What can we say about God?
 - He is uncreated
 - All things depend upon Him in an absolute sense for their very existence.
 - God depends on no one.
 - We are free, but we are not in control.
 - God loves us and has reached out to us.

INTRODUCTION TO PRAYER

- What does it say about those who know these things about but, but who choose to ignore God?
- What does it say about those who do not have time for God and talk to Him about their daily joys and sorrows?

INTRODUCTION TO PRAYER

- There are always consequences for our actions.
- Those who seek to know God and to return His love are promised everlasting joy and happiness.

INTRODUCTION TO PRAYER

- There are kinds of prayers:
 - Memorized prayers – we have these so that we can pray together and also so that we can pray more easily in times of difficulty or distraction.
 - Prayers we say in our own words.

INTRODUCTION TO PRAYER

- There are three kinds of prayer:
 - Vocal prayer – prayers we say out loud.
 - Meditation – where we think of holy things.
 - Contemplation – where God guides our prayer.

INTRODUCTION TO PRAYER

- Reasons why we pray:
 - * Adoration/Worship
 - * Petition/forgiveness
 - * Intercession
 - * Thanksgiving
 - * Praise

INTRODUCTION TO PRAYER



INTRODUCTION TO PRAYER

- When should we pray each day?
 - When we begin our day.
 - Before and after our meals.
 - At night before we go to bed.
 - Have some time set aside for personal quiet prayer (15 minutes minimum).
 - Have some time set aside for family prayer.

INTRODUCTION TO PRAYER

- How should we prepare?
 - Routine is essential – pray at the same time and in the same place.
 - Turn off all your electronic devices.
 - Ask your guardian angel to help you pray.

HOMework

- Parents at Home:
 - Read from the Catechism 2558-2565.
 - Watch the two short videos on Prayer.
 - Ask your children when they pray and set up a prayer routine for them.

INTRODUCTION TO PRAYER



HOMework

- Have a mandatory family meal each week and say grace before the meal.
- Ask your children if they have said their prayers each day.

INTRODUCTION TO PRAYER

