



NEWMAN INSTITUTE

KNOWING, LOVING AND SHARING THE FAITH

Christian Prayer

Session 1: Prayer in the Christian Life

TIME	ACTIVITY	GOAL	CONTENT
5 min.	Introduction	Preview the session themes: the universal call to prayer; forms and sources of prayer; and challenges...	How can I renew a spirit of prayer in my daily life, in my home, and in my community?
10 min.	Opening Prayer	Model different forms of prayer; emphasize the importance of <i>praying with</i> the Mother of God, as well as the Marian dimension of prayer	Pray the Hail Mary, with guided meditation (USCCA, pp 470-71), and conclude by watching the "Mary's Song" meditation
20 min.	<u>Paired Activity:</u> Prayer Sharing	Discuss personal prayer and communal prayer	*Share insights and challenges from one's personal prayer life *Share a decade of the Rosary with and for your neighbor
20 min.	<u>Talk #1:</u> God's Universal Call to Prayer	Describe the call to prayer; communication with God	*Talk w/powerpoint slides *Video clip: USCCB: Prayer, faith life/adoration
20 min.	<u>Standing Activity:</u> Preparing personal prayers	As a team, compose a prayer which incorporates adoration, petition, intercession, and praise	Work with neighbors to create a personal prayer from the heart; practice using a "framework" for prayer that could be used in a variety of situations; conclude by praying the Gloria as a whole group
20 min.	<u>Talk #2:</u> Source and Nature of Prayer	Discuss prayer as a personal relationship with God and difference ways to pray, as well as the challenges we face in the "battle of prayer"	*Talk w/powerpoint slides *Video clip: Interior Castle
10 min.	<u>Prayer Activity:</u> "Lead us into contemplation"	Explore a form of meditation and "make space" for contemplative prayer ("a close sharing between friends")	Introduce the 1 minute "breathing prayer" and then embrace 5 minutes of silence
10 min.	Review	How can I renew a spirit of prayer in my daily life, in my home, and in my community?	*Return to the opening question; write personal prayer commitments *Preview recommended follow-up: read US/CCA, ch. 35.
5 min.	Closing Prayer	Review a traditional Marian prayer which focuses on Mary's "yes", and on how prayer can transform our daily life	The Angelus