

Middle School

Lesson 5 – Prayer

Overview: *Parents, the best way for a child to learn something is repetition, repetition, repetition.*

November 1st is ALL SAINTS DAY!

Please take this opportunity to learn about any Saint you'd like. During the month of November research and learn more about your Saint and complete the "All About My Saint" sheet:

https://ccdestin.weebly.com/uploads/1/3/1/7/131728287/all_about_my_saint_sheet.pdf

Need help thinking of a Saint? Look up your name. Is there a Saint with your name? Birthday? Birth Month?

Websites to help start your learning:

<https://www.catholic.org/saints/stindex.php>

<https://calenworld.com/religion/saints-day-calendar>

Want to have more fun with your Saint? Dress up! Send us a picture and we'll share it with our Parish!

Activity	Link/Activity
Review	What did God make? (everything) How long did it take God to make everything? How do we know God love us? God's rules are called the Ten Commandments. What is it called when we disobey God? God will forgive us.
Videos:	What is Prayer? https://www.youtube.com/watch?v=ED2palqNKa8&list=PLIcePO_eJb2_EEITdFm1PFLNkH17EQcV-&index=68
Discussion/ Questions	How to Pray https://www.youtube.com/watch?v=BgFFGXNhvXU Why Pray? https://www.youtube.com/watch?v=QVHUx_EJnUs ✓ Prayer is talking to and listening to God. Follow the directions below to explore ways that you can pray. If you need help, ask an older brother or sister, or an adult to help you.

Choose one or more of the following activities: (turn in or take a picture required)

1. Praying helps us make good choices. Write a prayer asking God to help you make good choices. Pray this prayer often.
 2. Start keeping a journal to help you talk to God. Share what happened in your life each day and how you are feeling.
 3. Make a list of all the places you can pray. Then make a list of all the times of day you can pray.
 4. When you watch TV, pay attention to the characters and the choices they make. Keep track of the number of good choices and bad choices characters make on the show. Think about what a character could have done differently to make a good choice.
 5. Make a list of the people who help you make good choices. Make cards for these people thanking them for helping you make good choices.
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*Optional videos

Four tips on how to Pray <https://www.youtube.com/watch?v=yk8In-6KUGc>

Why is Prayer so Hard? <https://www.youtube.com/watch?v=Smana2aJxkQ>

Family Activity	Does your family carve pumpkins in October? Here is a prayer activity you can do as you carve https://i.pinimg.com/originals/ab/24/e2/ab24e2bb2177eabeaf54945dd3a0ed5f.jpg
Saint of the Week	Saint Damien is known for helping a group of people with Leprosy in Hawaii. https://www.youtube.com/watch?v=MbDY4ANWW8M
Ending Prayer	Review how to do the sign of the cross. Pray the Hail Mary
For Parents	Article "Blessing the Table" http://catholic.net/op/articles/3316/cat/1240/the-faith-at-home-blessing-of-the-table.html

