

Introduction to Prayer

(CC 116) Alternative Course

DVD0153

BK4744; 268.6 Cat

This class is also available online at [the link below](#).

https://www.youtube.com/watch?v=gg5mBqErFSo&list=PLiXbnyOXXRI6bqtu_YKtuG67JQ5c_rcqnU&index=19

Catechist Credit: 2.5 hours applies toward the *Associate Level* or *Advanced* or *Master Level* in Theology in the content area of Prayer

You will need to have access to one book:

Paprocki, Joe. *The Catechist's Toolbox: how to Thrive as a Religious Education Teacher*. Chicago: Loyola Press, 2007.

Complete following assignments:

- View DVD of class presentation “Introduction to Prayer” (59 minutes).
- Answer the questions on “Survey of My Prayer Life” and “Prayer Reflection Questions”
- Read Chapter 9 *The Catechist's Toolbox* [pages 57-70]

Chapter 9: ‘Extension Cords: Plugging into the Power of Prayer’

- Type a minimum of 2 pages to summarize your learning from the reading, reflection questions, and DVD. Include the following points:
 1. Identify and explain at least 3 to 5 key learnings you received from this course?
 2. How will they make a difference in your faith life?
 3. How might you use these key learnings in your ministry?

[Papers should be prepared in 12-point font, Times New Roman, double-space, with 1 inch margins on all four sides.]

Please send your reflection paper to the Office of Faith Formation, ff@archlou.org.

Survey of My Prayer Life

1. What place does prayer have in your life?

I usually pray...

every day when the mood strikes me
 when I need something often, but not every day
 only when I am with a group of people
 at times like _____

The word that best characterizes how I feel about prayer is...

anxious content uncertain
 satisfied bored involved

2. When can you pray?

I'd say the pace of my life is...

hectic average slow mixed easy

Work is more important than prayer...

true false

The relationship between my work and my prayer is...

there is no relationship I can't work if I don't pray
 prayer is at the heart of my work prayer helps my work
 prayer is something I do after all my work is finished

3. How do you pray best?

I feel closest to God...

when I'm outside when I am in church when I listen to music

when I see something beautiful when I'm running

when I _____

When I pray, I usually...

say a formal prayer, such as the Lord's Prayer sing
 read a devotional book meditate go to church

The best time for me to pray is...

___ early in the morning ___ during the day ___ at night ___ on Sunday

4. Who is a prayerful person?

In this list of characteristics, circle the five that best describe your image of a prayerful person.

Stern	Disciplined	“Holier-than-thou”	Solemn
Patient	Joyful	Concerned	Preachy
Simple	Righteous	Relaxed	Intense
Gentle	Peaceful	Contented	Pious
Sensitive	Sad	Free	Catholic

Look at the list again and put an X through the characteristics that best describe you.

5. What can you do to be more prayerful?

Describe what you want your life of prayer to be like.

In order to have a good prayer life, I need to...

___ learn to meditate ___ go on a retreat ___ set aside time to pray
___ find a better place to pray ___ join a prayer group
___ get a spiritual director ___ get a recording of good hymns
___ other _____

Choose one thing that you will start doing today to improve your prayer life.
Write down here what that will be.

Prayer Reflection Questions

1. As you look at your answers, do you feel that you have made the space in your life for prayer? Do you want to change your attitude toward prayer?

2. Many spiritual writers remind us that prayer isn't just the times we set aside to be with God, but it is a part of all we do. Is prayer in a compartment of your life, or has it come to change what you do and how you act during the day? Have you also given a special time to pause and focus on prayer?

3. As you look at your answers, see if you have been trying to pray in the ways that are most comfortable to you and at the times that suit you best. Each person needs to come to know what brings him or her closest to God. Have you been trying to pray at times or in ways that are not as familiar or comfortable for you, believing "that's the way I should pray?" Have you been honest with yourself about what brings you closest to God?

4. Are you the prayerful person that you have described? If not, what do you think needs to be changed in yourself or in your image of a person of prayer?

5. What do you need to change to have the prayer life you desire?

