

Lesson Plan for Lesson 34

The Forms of Prayer

Preparation and Supplies

- Study chapter 34, “The Forms of Prayer,” in the handbook.
- Gather a sheet of newsprint and a marker.
- Make three copies of the handout “Sent Forth by God’s Blessing” (Document #: TX003427).

Pray It! (5 minutes)

Tell the participants that class will begin with a prayer of divine praise, a form of adoration. **Direct** them to turn to the Pray It! “The Divine Praises,” on page 379 in the handbook. **Ask** individuals to take turns praying each line of the prayer, or divide the class in half and have each half take turns reading alternate lines together.

Study It! (35 to 45 minutes, depending on your class length)

A. Blessing and Adoration

1. **Write** the word *prayer* on a sheet of newsprint. **Ask** the young people to call out situations, words, and experiences they associate with prayer. These could be actual prayers such as the Lord’s Prayer or the Hail Mary, or places or situations such as a liturgy, a church, or a retreat. When a participant says something like “Mass,” try to help him or her briefly associate with the various prayers within the Mass, such as the Opening Prayer, the Closing Prayer, the Eucharistic Prayer, the Intercessions, and so on. If a young person says “retreat,” help him or her to recall the kinds of prayer used on retreat, such as movement, singing, quiet time, or nature walks. **Write** the list on the newsprint and leave it posted for all to see throughout this session. Tell the participants that this list represents the different forms of prayer.
2. **Direct** the young people to read the chapter introduction and the section “Blessing and Adoration,” on pages 373–375 in the handbook. The content covers points 1 through 4 on the handout “Lesson 34 Summary” (Document #: TX003426).
3. **(Optional) Direct** the young people to page 374 in the handbook. **Ask** them to choose one of the prayer forms listed in the chart and write a prayer according to the description for the prayer form they have chosen.



B. Petition

1. **Ask** the participants to find a partner and answer the following questions:

- When you were young, what kinds of needs did you pray for?
- What do you pray for today?
- How have your needs changed?

Invite a few volunteers to share their answers with the rest of the class.

2. **Direct** the young people to read the sections “Petition” and “Intercession,” on pages 375–379 in the handbook. The content covers points 5 and 6 on the handout “Lesson 34 Summary.”
3. **(Optional) Ask** the young people to write the intercessory prayers for an upcoming liturgy. **Direct** them to the Did You Know? “Lord, Hear Our Prayer,” on page 376 in the handbook, for guidance on how to write intercessions for the Mass.

C. Thanksgiving

Direct the participants to read the sections “Thanksgiving” and “Praise,” on pages 379–382 in the handbook. The content covers points 7 through 9 on the handout “Lesson 34 Summary.”

Note: If you are running short on time, you may wish to just briefly summarize this section of the handbook.

Live It! (10 to 15 minutes)

1. **Direct** the young people to form groups of three or four. **Invite** them to read again the list of words associated with the word *prayer* generated in the opening activity. **Assign** each group a form of prayer: blessing and adoration, petition, intercession, thanksgiving, or praise.

Explain the task as follows:

- Each group is to identify which of the words on the sheet of newsprint fits into its assigned category and write those words down, creating a group list.
 - Select a person to present the group list to the rest of the class.
2. **Invite** the representatives from each group to present their lists to the rest of the class. When all the groups have presented, engage the participants in a discussion using the following questions:
- Which words remain uncategorized? Why?
 - Which words were used in multiple categories? Why?
 - What are some additional words that could be associated with each prayer form?
3. **Share** the following comments in your own words:
- Different forms of prayer—blessing (and adoration), petition, intercession, thanksgiving, and praise—connect to different times and situations in your life.
 - The Holy Spirit inspires new expressions of prayer using the same basic forms of blessing, petition, intercession, thanksgiving, and praise.



Closing Prayer (10 minutes)

Following any announcements, **ask** two volunteers to serve as readers. **Distribute** the handout “Sent Forth By God’s Blessing” (Document #: TX003427) to each reader. Close by **leading** the prayer on the handout.

