

Chapter 26 Activity: When Do You Pray?

As a Catholic, you probably learned from a young age some of the traditional prayers of the Church, such as the Sign of the Cross, the Lord's Prayer, and the Hail Mary. You probably also learned about the Mass and the Sacraments, and the importance of participating in those liturgical celebrations. Prayer in many forms is woven into the fabric of the life of a true follower of Jesus. In what ways is prayer a part of your everyday life? Describe how prayer can be a part of each of the following circumstances of everyday life:

Waking up in the morning and beginning a new day: _____

Studying for and taking a test: _____

Encouraging a friend through a difficult situation: _____

Encountering a homeless person: _____

Welcoming a newborn into the family: _____

Honoring Mary or a saint on a feast day: _____

Sharing a meal with family: _____

Going to sleep at the end of a busy day: _____

Write a short prayer that you can pray at various times throughout the day, or one for a specific event or time of the day.

