
CATHOLIC RELIGIOUS EDUCATION: PRAYER AND MEDITATION

Grade level/Age 8-9 /14-15y



[Prayer and Meditation] ©2023 by [Sharing Worldviews]: Sharing Worldviews is licensed under CC BY-SA 4.0. To view a copy of this license, visit <http://creativecommons.org/licenses/by-sa/4.0/> Exceptions: see notes or picture credits; design elements, logos and icons not under free license



www.sharing-worldviews.com



Content

Competences/Learning Outcomes.....	2
Grade level / Age	2
Duration	2
Step-by-step description	3
Materials.....	4
Station 1.....	4
[M1] Information Text.....	4
[M2] When to pray – Tasks	6
[M3] When to pray – Prayer Times.....	7
Station 2.....	8
[M4] How to pray – Tasks.....	8
[M5] How to pray – Word cards.....	9
[M6] How to pray – Sentence cards and drawings.....	10
[M7] How to pray – Praying postures	11
[M8] How to pray – Ritual objects.....	13
Station 3.....	16
[M9] Where do you pray? – Tasks	16
Picture Credits	19



Catholic Religious Education: Prayer and Meditation

Competences/Learning Outcomes

- The students know central prayers and meditations and are familiar with their practice.
- They can interpret different physical forms of expression and put into words the attitudes associated with them in the praying/meditating person.
- They can assign appropriate spaces to different forms of prayer/meditation and can deal appropriately with the respective (liturgical) situation.
- They can distinguish between different occasions and times of prayer.
- They can interpret ritualized elements of prayer/meditation and understand them as aids to engaging in the life-enhancing character of prayer/meditation.

2

Grade level / Age

8-9 /14-15y

Duration

120 min



Preparation

- Prepare three tables in different corners of the classroom ("stations"). Name them as follows:
 - Station 1 – When to pray
 - Station 2 – How to pray
 - Station 3 – Where to pray
- Provide the tables with the corresponding material.
- Bring a bell.
- Bring as many objects shown in **M8** as you can.

Step-by-step description

- Arrange students to sit in a circle.
- Read the text of the selected prayer/meditation (from **M1**) and ask students to share their personal experiences on this prayer/meditation.
- Explain that with this lesson they will explore different aspects of prayer/meditation and write down the categories form (*how to pray*), *location (where to pray)* and *time (when to pray)* on the blackboard.
- Explain that results will be collected and presented at the Encounter Day. The aim is to introduce a prayer/meditation to others.
- Divide the participants into 3 groups to work together for the whole unit.
- Ask each group to start with a different station.
- Let them work on the station for about 15-20 min. Then ring a bell to make them change to the next station.
- Repeat the last step until every group has visited every station (3 times).
- Let all students take their seats.
- Hang an empty poster on the blackboard. It has only the text of the selected prayer in the middle (take from **M1**).
- Ask students to complete the poster with the information they collected in the stations. Provide materials from the stations and stick them to the poster when mentioned by a student.
- Use the poster to present your prayer at the Encounter Day.
- As a final action at the end of the lesson read out loud the prayer text together.



Materials

Station 1

[M1] Information Text

Prayer in Christianity

The Lord's Prayer

The Lord's Prayer (lat. pater noster) is the best-known prayer in Christianity. Together with the Creed and the 10 Commandments, it is one of the foundations of the Christian faith. Due to its wide distribution and translation into many different languages, it connects Christians worldwide. The Lord's Prayer is highly valued, not least because it can be traced back to Jesus, who, according to the evangelists Luke and Matthew, uses it to teach his disciples how to pray (cf. Luke 11:2; where Jesus introduces prayer with the words: "When you pray, say"; cf. also Matthew 6:9). In Matthew's Gospel, the prayer is in the middle of the Sermon on the Mount - a text that has also had a great impact on Christianity. According to Matthew, the Lord's Prayer in its long form consists of seven petitions and a praise of God added later at the end (doxology). The Jewish Qaddish contains some similarities to the Lord's Prayer. It is not unlikely that Jesus knew this prayer or one similar to it, changed it and gave it a new direction.



Fig-1



The Lord's Prayer

Our Father who art in heaven,
hallowed be thy name;
thy kingdom come;
Thy will be done on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever.
Amen.

Gospel of Matthew 6:9-13

How to pray?

The Lord's Prayer is often prayed together standing or sitting with folded hands and closed eyes. Some people also join hands for this. However, there is no standardised form. In the Catholic tradition, the Lord's Prayer is also part of the rosary. When praying the rosary, prayers are prayed in a set order using a prayer chain.

When do we pray?

As the Lord's Prayer is part of almost every church service liturgy, it is mainly prayed on Sundays during the congregational celebration. It is usually prayed just before Holy Communion, so it is very central. But it is also often included in private devotions. The rosary can also be prayed at any time. In the months of May and October, there are festivals in the Catholic tradition where it has a special meaning. The Lord's Prayer also appears in the Liturgy of the Hours and is part of Lauds (morning prayer) and Vespers (evening prayer) – so it is prayed twice a day, in the morning and evening. It can be said that not many Christians practice the Liturgy of the Hours today.

Where do people pray?

Almost all Christian denominations give the Lord's Prayer a central place in the service, where it is said together. A bell is often rung during the service as a sign for those who have stayed at home. The very phrase "Our Father" makes it clear that a congregation is assumed when praying. It becomes a community of brothers and sisters through the common reference to the Father. Nevertheless, the Lord's Prayer can also be prayed alone and in private. The person praying feels included in the family of God's children.



[M2] When to pray – Tasks

1. Read the information text [M1] and underline all the information about the prayer times of the Lord's Prayer. Write them on the lines. When do you pray yourself? Fill in the times on worksheets [M2] and [M3].

2. Some people pray more often than others. Think about the possible reasons for this. Discuss them in your small group.

6

3. Can you remember a situation in which you experienced prayer as something special? When was that? Describe the situation and write it in the lines below. If you like, tell your small group about it.



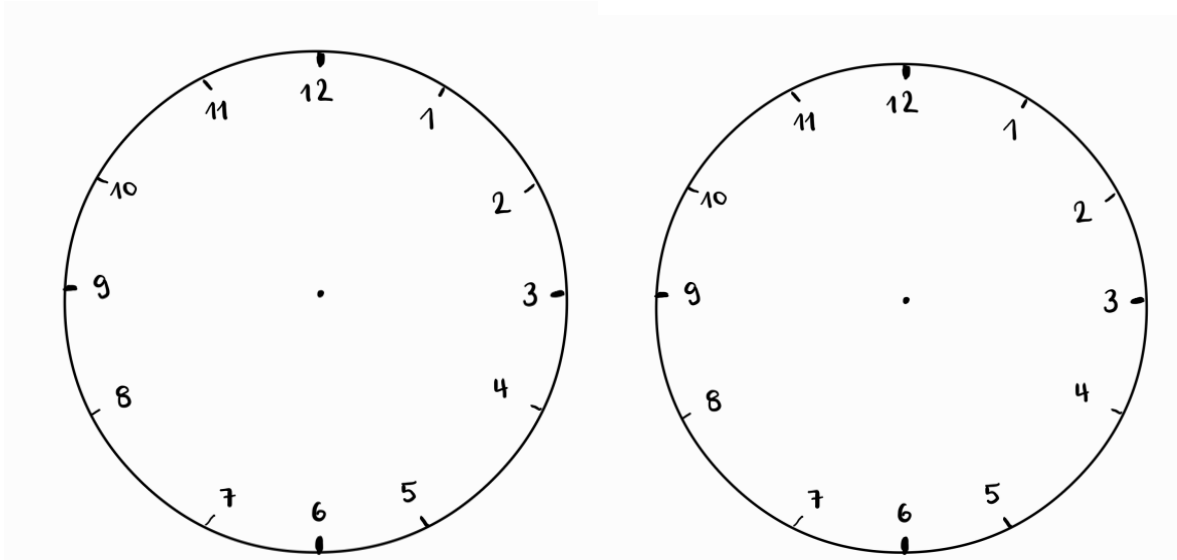
[M3] When to pray – Prayer Times

Draw in to which times you pray.

Time of day

Day

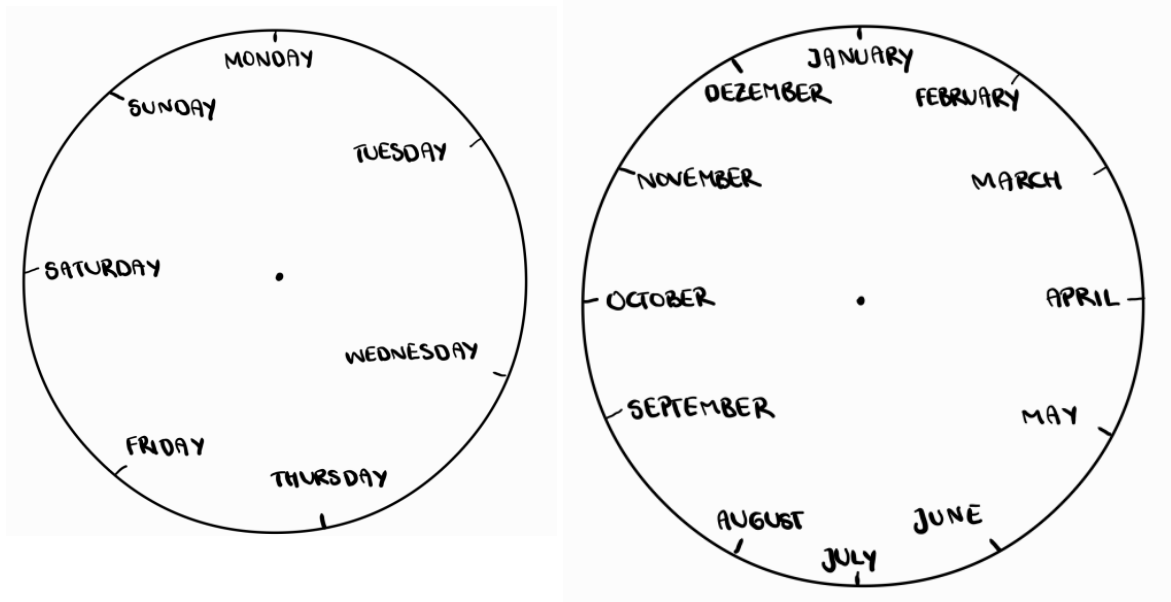
Night



Days of the week

Months of the year

7



Station 2

[M4] How to pray – Tasks

1. Match the different postures [M7] with the word cards [M5] and the sentence cards [M6].
2. Try the different postures [M7]. Which one did you prefer? In which posture could you concentrate best? Why?

3. In some religions the people use different objects while praying. Look at the objects [M8]. You will find things from your own religion among them. Some you may know, some you may not know. Read the explanations. Can you understand why other people use these objects?

4. What can you write/stick to the poster at the end? What is important while praying? What can help?



Standing

Kneeling

Sitting

Prostrating



[M6] How to pray – Sentence cards and drawings

These textcards describe the postures during prayer. Place them with the matching word cards (M5).

I calm down.
I am alert and can concentrate well.
I hear and absorb the words.
In this posture I can pray for a long time very well.

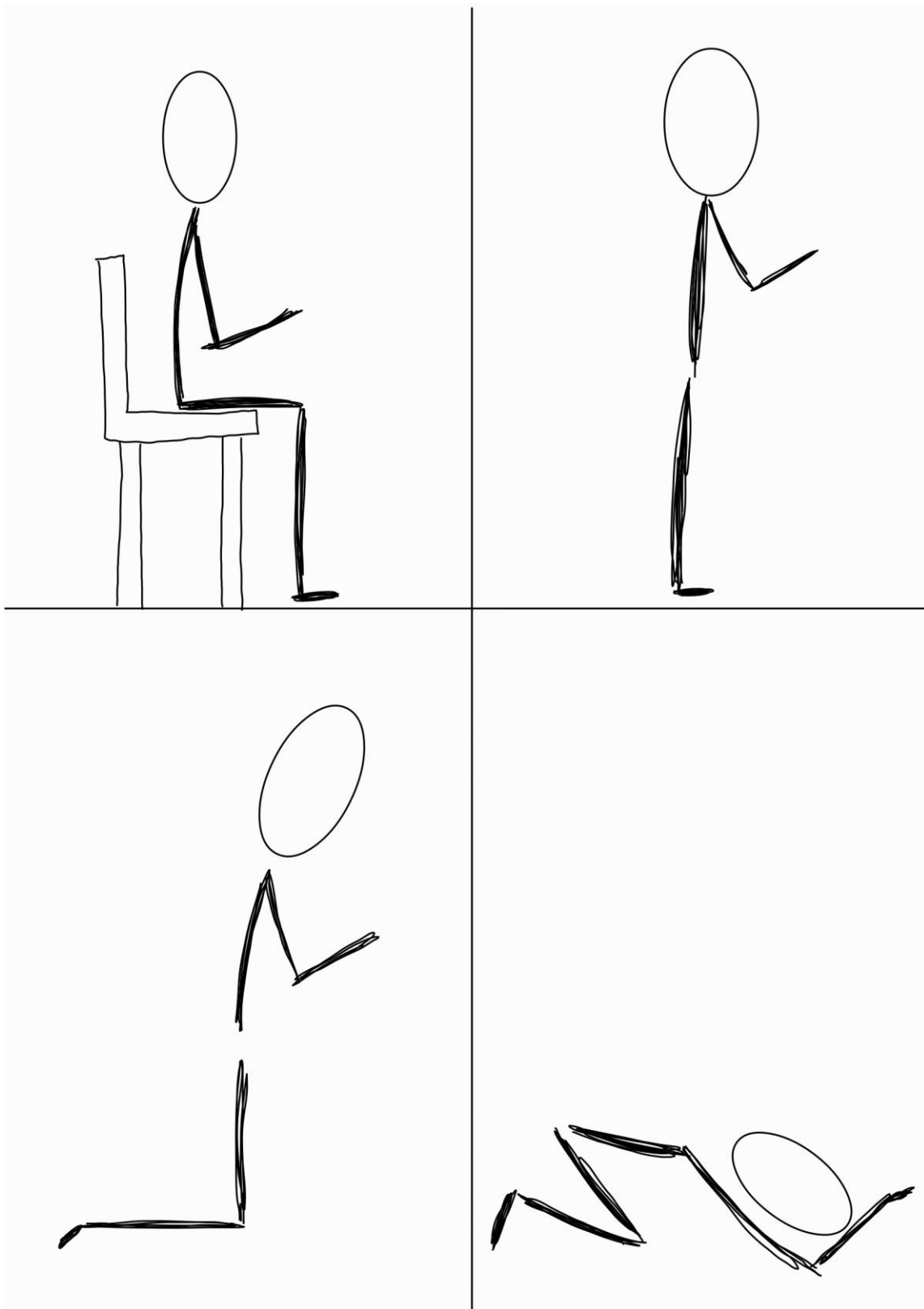
I show my respect to God.
I'm here with my full size.
I'm ready.

I acknowledge God's greatness and make myself small.
I show my reverence to God.
I worship him.

I express my willingness to serve God.
I acknowledge His dominion over me.
I surrender myself to him.



[M7] How to pray – Praying postures





[M8] How to pray – Ritual objects



Fig. 2: Some people light candles while praying.



Prayer chains are used by members of different religions to count the repetitions of the same or similar prayers, chants or devotions.

Fig. 3: catholic christian prayer chain

Fig. 4: orthodox christian prayer rope

Fig. 5: muslim prayer chain





Some believers consider images of Saints while praying.

Fig.6: Iconostasis in an orthodox church



These leather straps are tied around the arm of a Jewish praying person.

Fig. 7: Tefillin worn by a man at the Western Wall in Jerusalem



Some people cover their heads and wear certain clothes during prayer.

Fig. 8: Jewish prayer shawl (tallit)

Fig. 9: Jewish head covering (kippah)



The prayer mat protects the praying person from impurity and indicates the direction of prayer.

Fig.10: Muslim prayer mat



[M10] Where do you pray? – Sketch your favorite place

The place where I like to pray the most is:



[M11] Where do you pray? – Pictures of places to pray



Fig.11



Fig.12



Fig.13



Picture Credits

Fig. 1 This work has been marked as dedicated to the public domain.

Uploaded by [Croberto68](#)

https://commons.wikimedia.org/wiki/File:Majolikaplatte_mit_dem_deutschen_Text_des_Vaterunsers.jpg

Fig. 2 This work has been published under Pixabay content license

Picture from [Myriams-Fotos](#) on [Pixabay](#)

<https://pixabay.com/de/photos/h%C3%A4nde-offen-kerze-kerzenlicht-1926414/>

Fig. 3 This work has been published under Pixabay content license

Picture from [Myriams-Fotos](#) on [Pixabay](#)

<https://pixabay.com/de/photos/beten-rosenkranz-glaube-religion-1218506/>

Fig. 4 This work has been marked as dedicated to the public domain.

Uploaded by Eugenio Hansen, OFS on

<https://commons.wikimedia.org/w/index.php?curid=7103258>

Fig. 5 This work has been marked as dedicated to the public domain.

https://commons.wikimedia.org/wiki/File:Tespilh_fcm.jpg

Fig. 6 This work has been published under Pixabay content license

<https://pixabay.com/de/photos/russland-kathedrale-symbole-1940784/>

19

Fig. 7 This work has been marked as dedicated to the public domain.

Uploaded by David Shankbone on

https://commons.wikimedia.org/wiki/File:Tefillin_worn_by_a_man_at_the_Western_Wall_in_Jerusalem.jpg

Fig. 8 This work has been marked as dedicated to the public domain.

Uploaded by Munjanja https://commons.wikimedia.org/wiki/File:Tallit_Gadol_Shawl.jpg

Fig. 9 This work has been marked as dedicated to the public domain.

Uploaded by Gilabrand on <https://commons.wikimedia.org/w/index.php?curid=5079252>

Fig. 10 This work has been marked as dedicated to the public domain.

<https://commons.wikimedia.org/w/index.php?curid=31177845>

Fig. 11 This work has been published under Pixabay content license

Picture from Peter H on Pixabay

<https://pixabay.com/de/photos/kirche-architektur-innere-gang-3024768/>

Fig. 12 This work has been published under Pixabay content license

Picture from [Victoria](#) on [Pixabay](#)

<https://pixabay.com/de/photos/kinder-jungen-interieur-zimmer-3368016/>



Fig. 13 This work has been published under Pixabay content license.

Bild von [Valentin](#) auf [Pixabay](#)

<https://pixabay.com/de/photos/wald-b%C3%A4ume-strahlen-der-sonne-1072828/>

