

# ALIVE IN CHRIST

GRADE 3

The Church

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**Our Sunday Visitor**

# Pray Always

## Let Us Pray

**Leader:** O God, listen to our prayers. We offer you our hearts filled with love.

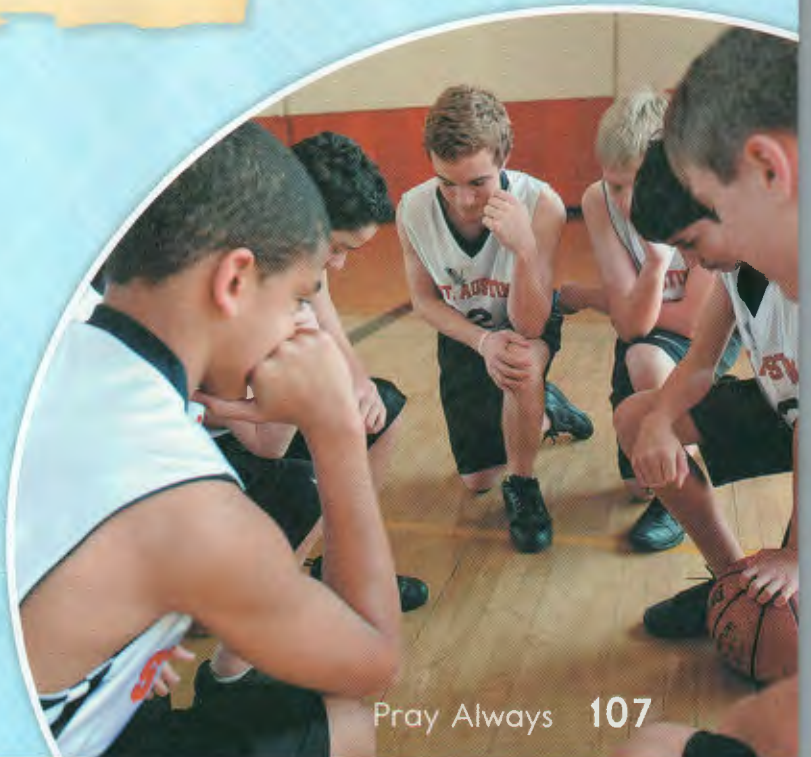
“Attend to the sound of my cry,  
my king and my God!” **Psalm 5:3**

**All:** Jesus, you ask us to be people who pray. Help us to trust that you listen to our prayers. Amen.

## God's Word

Jesus told his disciples not to be like the people who pray loudly in public so that others can see and hear them. Jesus said to go to a private place, close the door, and pray quietly to the Father. God will hear you.

**Based on Matthew 6:5-6**



### What Do You Wonder?

- How does God hear the prayers of all the people in the world?
- Can you pray to God about anything that is bothering you?

# Jesus Teaches Us How to Pray

## What do we learn from Jesus about prayer?

Jesus taught his followers that **prayer** is talking and listening to God. It is raising your mind and heart to God. When Jesus' followers asked him to teach them how to pray, he taught them the **Lord's Prayer**.

### Catholic Faith Words

**prayer** talking and listening to God. It is raising your mind and heart to God.

**Lord's Prayer** the prayer that Jesus taught his disciples to pray to God the Father



Underline what we ask for in the Lord's Prayer.



## God's Word

### The Lord's Prayer

This is how you are to pray:

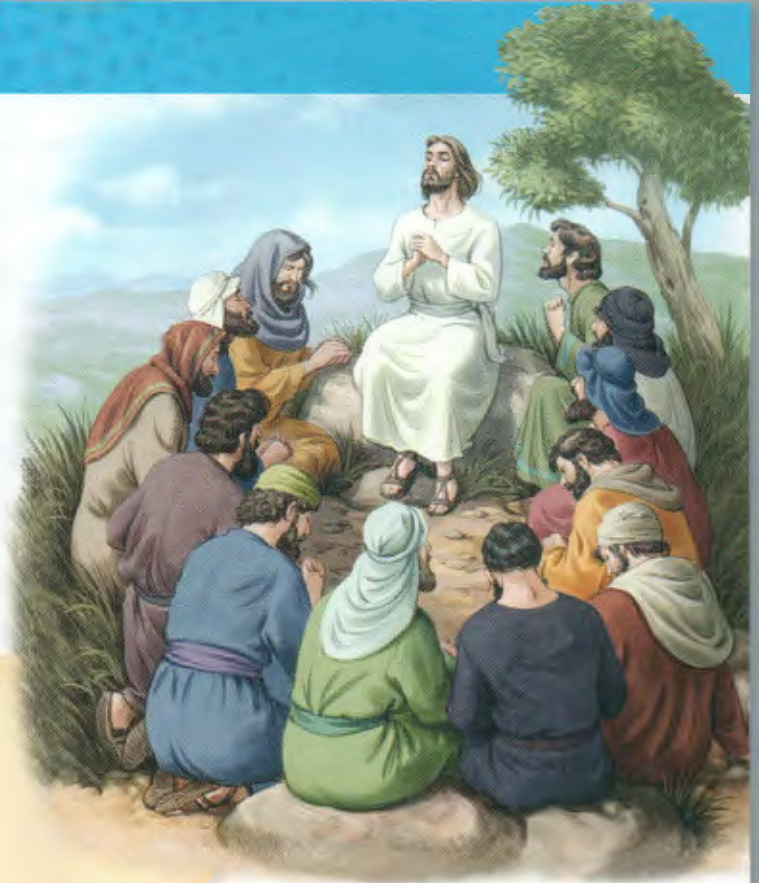
Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.

Give us today our daily bread;  
and forgive us our debts,  
as we forgive our debtors;  
and do not subject us to the final test,  
but deliver us from the evil one.

**Matthew 6:9-13**

## How to Pray

The Lord's Prayer is also called the Our Father. It is a summary of all that we need to live a Christian life. Jesus told his disciples to call upon God the Father, as he did. He also gave the advice below.



Jesus taught his disciples how to pray to God the Father.



## God's Word

### Praying Well

Jesus told his disciples to pray quietly to the Father. God will hear you. Some people think that God will hear them better if they use lots of fancy words to pray. Do not be like that. The Father knows what is in your heart even before you say it. **Based on Matthew 6:6-8**

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➔ Where and for what do you pray most often?

## Share Your Faith

**Think** Do you have a quiet place in which to pray? Describe what you would like to have in your ideal prayer space.

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**Share** With a partner, share your ideas for quiet "prayer places."

## Ways We Pray

### What are some different ways to pray?



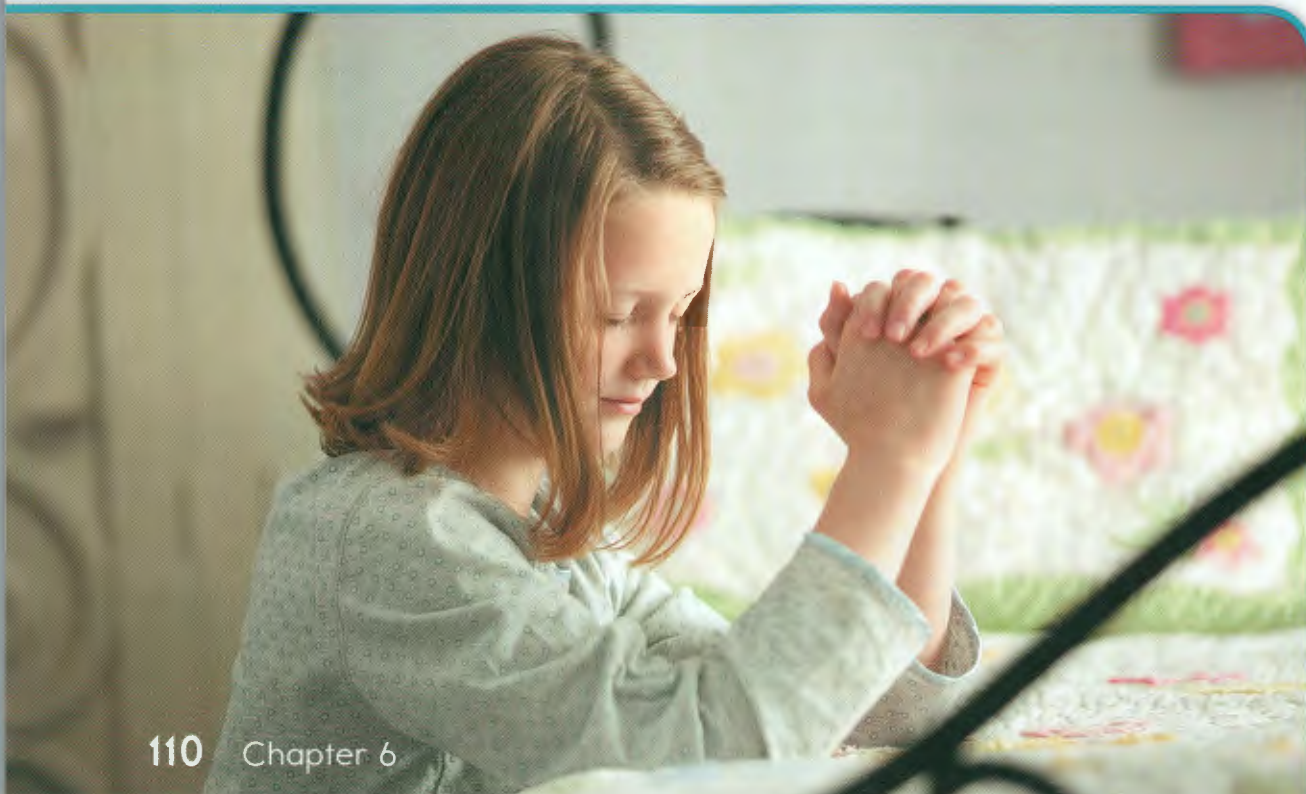
Circle some times when Jesus prayed.

Prayer was an important part of Jesus' life. Sometimes he got up early to pray. At other times, he prayed all night. Jesus prayed for other people. He also prayed when he needed help.

Prayer should be an important part of your day, too. You can use your own words or prayers that you have memorized. You can even pray without words by simply being quiet in the presence of God's love. But whenever you pray, you can be sure that many other Christians are praying at the very same time.

You don't ever have to worry that your prayers won't be heard. No matter where, when, or how you pray, God is always listening. Even if you are loud or very quiet, he can always hear your prayers.

We can pray anywhere and at anytime. God always hears us.



# Prayer Forms

We pray for different reasons. To help you understand prayer better, here are five types, or forms, of prayer.

## Catholic Faith Words

**blessing and adoration** in this prayer form, we show that we understand God is the Creator of all and that we need him. We give him respect and honor his greatness.

**praise** in this prayer form, we give God honor and thanks because he is God

**petition** in this prayer form, we ask God for what we need

**intercession** in this prayer form, we ask God to help others

**thanksgiving** in this prayer form, we give thanks to God for all he has given us

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## Connect Your Faith

**Identify Prayers** Work with a partner to find these Scripture verses. Tell which form of prayer each verse shows.

**Psalm 51:3–5:** \_\_\_\_\_

**Psalm 107:1:** \_\_\_\_\_

**Psalm 125:4:** \_\_\_\_\_



We pray with our families to give thanks and to ask for God's blessings for ourselves and others.

## Our Catholic Life

### How can you communicate with God?

You have conversations with God when you pray. He is always with you and hears your prayers. There are many ways to communicate with him. There are different ways to pray.



Write some more ways you can pray.

### Ways to Pray



You can pray during the day by offering your good works to God.

You can use your own words to pray. God hears simple prayers, such as "Help, please," or "Thank you, Lord."

You can pray by using traditional Church prayers, such as the Lord's Prayer or prayers from Mass.

You can pray by sitting and listening to God.

You can pray with your family or with friends.

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# People of Faith

## Saint Gertrude the Great, 1256–c.1302

November 16

Saint Gertrude was a German nun. Her parents died when she was very young, so she lived in a convent. Gertrude was very smart and loved to read. She was especially good at reading Latin, but she liked to read all different kinds of books. Another thing Gertrude loved to do was pray. She especially liked to pray for people who had died, asking God to take them to Heaven. She prayed for her family, her friends, and everyone she met. Many other Saints have used Saint Gertrude as an example of a very holy woman.



**Discuss:** Who do you like to pray for?

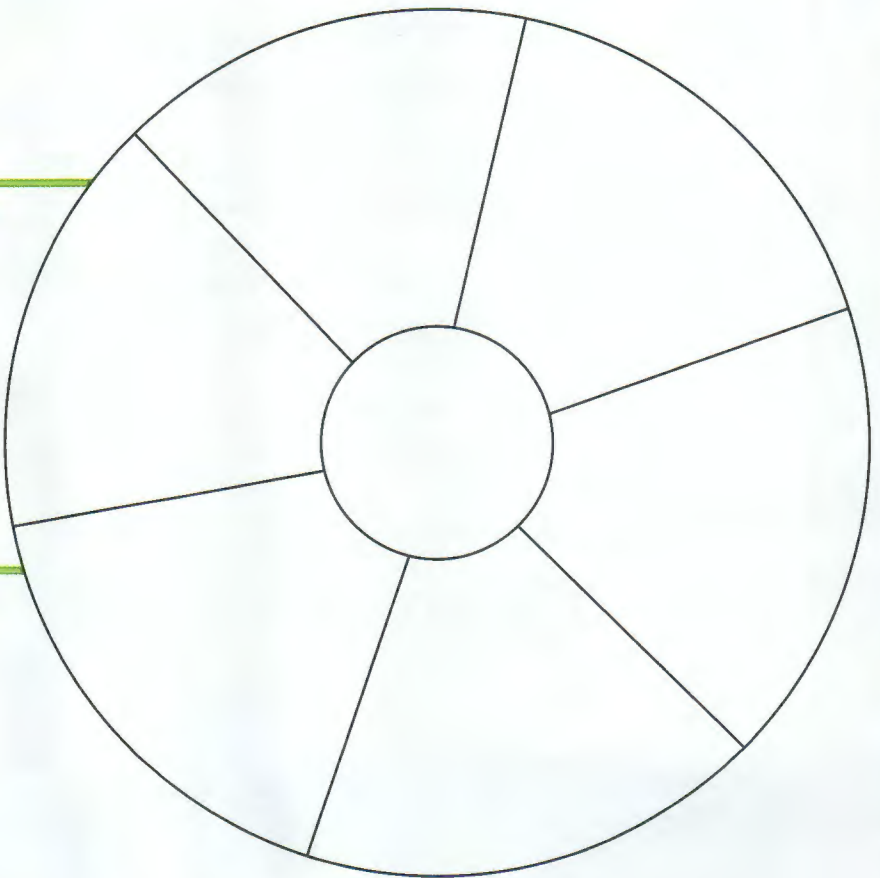


Learn more about Saint Gertrude at [allveinchrist.osv.com](http://allveinchrist.osv.com)

## Live Your Faith

### Make a Prayer Wheel

Write the name of a prayer you know in each section of the wheel. Use a pencil as a spinner and recite the prayer your eraser points to.







## Let Us Pray

## Prayer of Petition

Gather and begin with the Sign of the Cross.

**Group 1:** Help us remember to bless and adore you.

**All:** Our help comes from the Lord, who made Heaven and Earth. **Based on Psalm 121**

**Group 2:** Help us remember to praise you, for you are wonderful.

**All:** Our help comes from the Lord, who made Heaven and Earth.

**Group 1:** Help us remember to turn to you whenever we need help.

**All:** Our help comes from the Lord, who made Heaven and Earth.

**Group 2:** Help us remember to thank you, for you are so good to us.

**All:** Our help comes from the Lord, who made Heaven and Earth.

**Leader:** Let us pray.

Bow your head as the leader prays.

**All:** Amen.



Sing "Open My Eyes"



## YOUR CHILD LEARNED >>>

This chapter describes prayer as talking and listening to God and the ways Jesus taught us to pray, including the Lord's Prayer. It identifies the various ways we pray.

### God's Word



Read **Matthew 6:9–13**, the Lord's Prayer. Pray with your family and talk about what the prayer means to you.

### Catholics Believe

- Prayer is the raising of one's mind and heart to God.
- Prayer is an important part of a Catholic's daily life.

To learn more, go to the *Catechism of the Catholic Church* #2559, 2659 at [usccb.org](http://usccb.org).

### People of Faith

This week, your child met Saint Gertrude the Great, patron of Latin scholars. Gertrude is a model of intercessory prayer for those who have died.

## CHILDREN AT THIS AGE >>>

**How They Understand Prayer** Third-graders are capable of talking with Jesus as a friend. This is a good time to encourage your child to speak to God in his or her own words. The social nature of third-graders also makes them especially amenable to praying with the family or in groups if they are given the structure and guidance necessary to do so. Take some time for family prayer, and encourage your child to take the lead.



## CONSIDER THIS >>>

How necessary is it to be open to what someone has to say?

Real communication requires an openness of mind and heart. Opening our minds and hearts to hear what God has to say is the root of the sacred practice of prayer. "The *Catechism* reminds us that the Lord Jesus asks us to believe in order to pray and to pray in order to believe. There is a complementarity in which knowing and loving God support each other. Belief in the Father, Son, and Spirit should be essentially and immediately connected to a prayerful and loving communion with the Trinity" (*USCCA*, p. 491).

## LET'S TALK >>>

- Ask your child to talk about the things that he or she prays about most often.
- Talk about the different places you pray throughout the day.

## LET'S PRAY >>>



Dear God, please bless everyone in my family, especially (mention family members here). Amen.



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to [aliveinchrist.osv.com](http://aliveinchrist.osv.com).

## Chapter 6 Review

- A Work with Words** Match the description in Column A with the correct word in Column B.

### Column A

1. Asking God to help other people
2. Telling God that you are grateful for his gifts
3. Honoring God's greatness
4. Asking God to help you
5. Thanking God because he's God

### Column B

- blessing and adoration
- praise
- petition
- intercession
- thanksgiving

- B Check Understanding** Fill in the circle beside the correct answer.

6. The prayer that Jesus taught his followers is called the \_\_\_\_.  
 Lord's Prayer       Hail Mary       Apostles' Creed
7. Talking and listening to God is called \_\_\_\_.  
 liturgy       Mass       prayer
8. You can use your own words or traditional Church prayers that you have \_\_\_\_ to pray.  
 forgotten       memorized       invented
9. Which person said that God knows what is in your heart even before you say it?  
 Peter       Jesus       John
10. The Lord's Prayer is also called the \_\_\_\_.  
 Our Father       Hail Mary       Glory Be to the Father

