

# Prayers and Prayer Practices

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## **St. Emily Religious Education**

### **First through Conf III / Eighth Grade**

Please note that if a prayer or prayer method is learned earlier, it can (and should) certainly be practiced in class later! Middle school can say the rosary and pray the Examen, Eighth/Conf III can pray the prayer to the Holy Spirit, etc.

#### **First:**

- Basic responses for the mass;
  - Be able to discuss how to pray and when we pray
  - Sign of the Cross
  - Glory be to the Father
  - Hail Mary
  - Our Father
  - Grace before meals
  - Be able to compose their own short prayers out loud
  - Be able to describe how to pray
  - Be familiar with silent prayer
  - Firmly know the above prayers
  - Be introduced to the Rosary and the Stations of the Cross
- *Meditative prayer - the 'Five-Finger' prayer at least once a week*

#### **Second:**

- Further mass responses, including the Holy, Lamb of God.
  - Act of Contrition
  - Know a prayer of thanksgiving to say after receiving communion
  - Be introduced to Eucharistic Adoration
  - The basics of praying the Rosary
- *Meditative prayer - the 'Five-Finger' prayer at least once a week*

**Third:**

- All the mass responses, including the Confiteor and the Gloria
- Memorize the Apostle's Creed and be able to say it independently
- Know the format of the rosary and can say it independently
- Know the mysteries of the Rosary

**Fourth:**

- Further exploration of meditation
- Pray the Examen in class once a week.
- Be able describe the steps in an examination of conscience without prompting
- Be able to describe the petitions of the Our Father and apply them to how Christians pray

**Fifth:**

- Pray the Examen in class once a week.
- Memorize the Nicene Creed and be able to say it independently
- Be able to describe the prayers in the mass and their meaning
- Be able to describe vocal, meditative and contemplative prayer and use them.

**Sixth:**

- Pray regularly with the psalms -at least once a week
- Be able to describe the different kinds of psalms
- Say the *Benedictus* and *Magnificat* and be able to identify them in the Scriptures
  
- *Be introduced to lectio divina and be able to use it to pray the Psalms.*

**Seventh / Confirmation II:**

- Memorize the prayer to the Holy Spirit
- Learn Ignatian meditation while studying the Gospels and use it or *lectio divina* at least once a week

**Eighth / Confirmation III:**

- Further exploration of all prayer forms mentioned above.
- Pray meditatively using *lectio divina* once a week