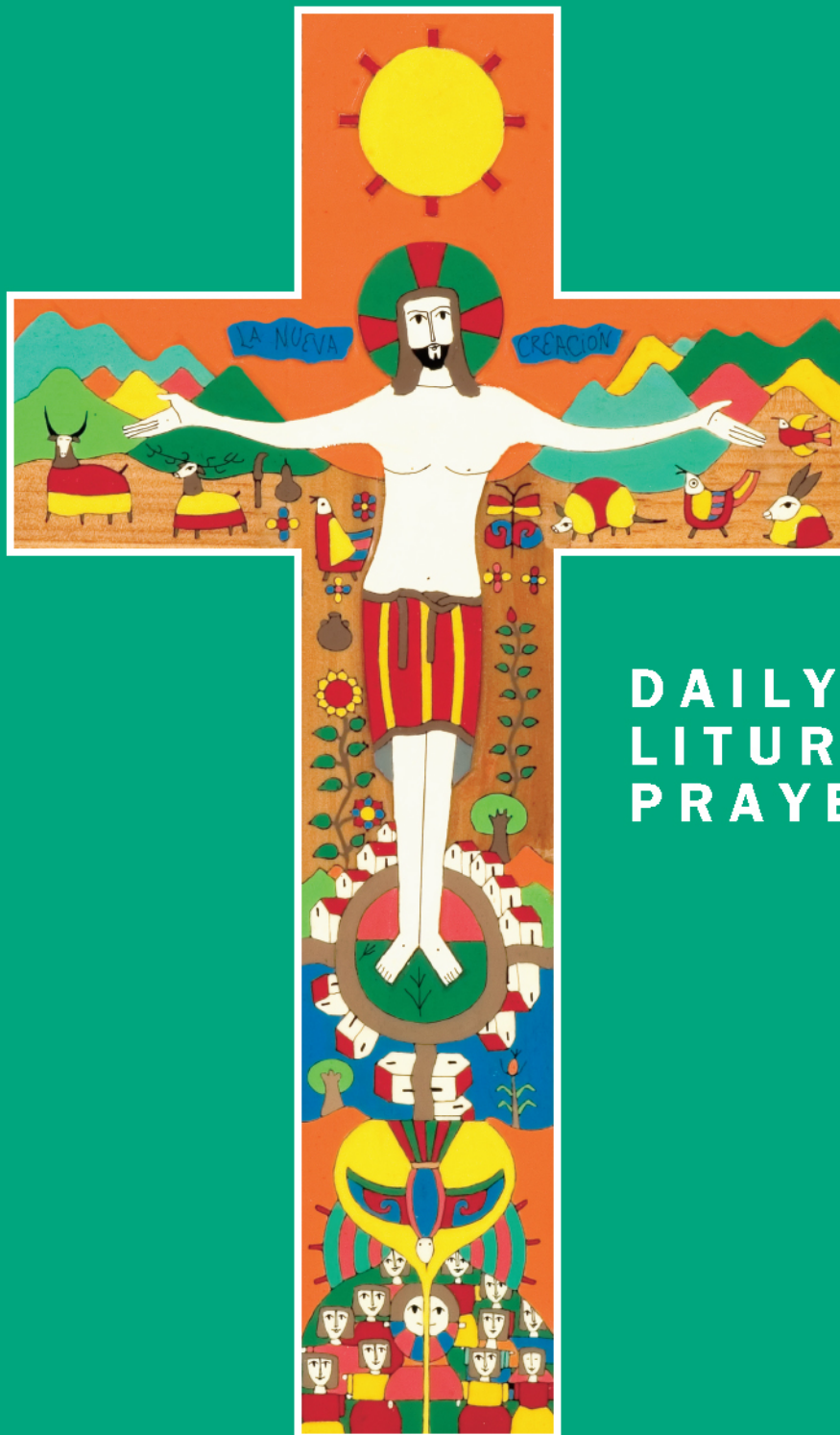


# + WE PRAY AS ONE 2019



DAILY  
LITURGICAL  
PRAYER

**+ WE PRAY  
AS ONE 2019**

**DAILY LITURGICAL PRAYER**



*Published by*



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**\* NOTE:** All Special Resources are available online as printable hand-outs for use with young people. Download at [www.smp.org/wepray](http://www.smp.org/wepray).

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# FOREWORD

Young people have an innate desire to thank and praise God each day. Teachers and catechists are called by our parish communities to lead by example and to model to the youth “fully conscious, and active participation” in the liturgy (*Constitution on the Sacred Liturgy*, n. 14).

The daily prayer of the Church is called the Liturgy of the Hours. The principal parts of the Liturgy of the Hours are Morning Prayer and Evening Prayer. They are sometimes described as the “hinges” for daily Christian prayer (*General Instruction on the Liturgy of the Hours*, n. 37). *We Pray As One* has used elements of daily prayer out of a belief that it belongs to youth and is part of the heritage that we pass on to them.

We trust that this book will assist youth and adolescents in classes and parish groups to pray:

- Liturgically** prayer is the “work” of the youth and this celebration shapes, forms, and teaches us
- Communally** young people are gathered and pray as one, uniting them with the universal Church
- Seasonally** daily prayer brings an awareness of the seasons of nature, the Church’s season, and the Communion of Saints

*We Pray As One* encourages teachers, catechists, and parish leaders to develop youth-led prayer. This is a rich opportunity to give young people the skills and habits required to lead Christian prayer. It is a resource grounded in the following basic principles:

- The whole Body of Christ celebrates, each according to ability.
- The whole body of each Christian celebrates through gesture, posture, and action.
- Liturgy is more than words. It engages the entire person and the entire community.
- Symbols speak louder than words.
- Liturgy requires repetition, and young people thrive on repetition.
- As we give thanks and praise, we grow in wisdom and grace.

## Developing Liturgical Habits

Good liturgical practice requires familiarity with the structure and elements of prayer. It will take time for youth to learn and integrate the habits and attitudes required for formal prayer. These tips for using *We Pray As One* will help form youth in the practice of prayer.

- Place this book on a prayer table located in a prominent place in the room.
- Treat the book with reverence and encourage youth to do the same.
- Begin and end each prayer with the same words and ritual action, such as lighting a candle.
- Pray at the same time each day.
- Teach youth to observe the times of sacred silence.
- Spend time teaching young people how to be assembly, reader, and presider.
- Teach youth how to name an intention for the intercessions.
- The leader should pay attention to the ritual action: when to pause, sit, stand, bow, and make the sign of the cross.
- Pay attention to positioning: have the presider and reader stand at the same place each day.
- Copy the Psalter brochure so that the young people have a copy of the psalm for the day.
- Discuss the saint of the day or the Scripture reading before prayer or after the prayer time has concluded.
- Connect with events of the community and the country that are important to youth.
- Highlight connections with the parish assembly, especially common responses and the art in the church.
- Celebrate birthdays, the arrival of new people, and formally recognize sad times in the prayer.
- Insist that the presider and reader always read from the book, not from pieces of paper.
- Recognize the importance of repetition.
- Persevere: it will take time to pick up the habits and attitudes required for formal prayer.

# ELEMENTS OF DAILY PRAYER

## **Invitation** (Stand)

At the beginning of the prayer the presider moves to the place from which she or he will preside, and offers the invitation to prayer. This is a short phrase that captures the spirit of the season. If you wish, the hymn may be inserted before the invitation to open the prayer.

## **Hymn** (Stand)

A hymn is “praise of God in song” and is sung after the invitation and before the Collect and psalm. The hymn should be suitable for Morning Prayer and should take into consideration the liturgical season or feast, for it is meant to draw the young people together as a liturgical assembly. Or, you may choose a song of praise and thanksgiving that the youth already know.

## **Collect** (Stand)

This prayer gathers together—literally “collects”—the desires of the community in the context of their prayer and of the day. In this book, when there is no Collect for special days, a Collect of the week is provided. You may also encourage youth to write their own Collect on occasion. Guidelines for helping them do this are on page 13.

## **Psalm** (Sit)

The entire class prays the psalm each day. The psalm moves from one side to the other and is meant to flow back and forth for the participants to create their own rhythm in praying. The text is numbered 1 and 2 for ease of participation. The Psalter leaflet may be photocopied from the original, found on pages 8 and 9.

The antiphon at the beginning reinforces an image of God in the psalm being prayed or highlights the liturgical season. The psalm concludes with a doxology recited by everyone and is followed by a repeat of the antiphon.

## **Scripture Reading** (Sit)

The reading is specially chosen for each day and takes into consideration the season and/or the special day. The translation is the same as the *Lectionary for Masses with Children*, using the Contemporary English Version (CEV). The daily selection is often short. Teachers may like to expand the context of the daily reading during the day, once prayer is completed. The Friday reading each week is the Gospel for the following Sunday.

## **Intercessions** (Stand)

Intercessions, or Prayers of the Faithful, are carefully written to encourage the participation of all. Forming short litanies, there is a consistent ending and response. These intercessions are for the needs of the world and all people. They are truly the prayers of those gathered!

Include a short moment of silence between the intercession announced and the invitation, “We pray as one.” This silence will allow the community to pray for the intention named. You will need to train the presider of prayer in this regard.

The last intercession invites young people to name those whom they wish to remember in prayer. We suggest that youth learn to name the person or group (such as the people of East Timor) and not to give long stories about the need of the persons or group. Such follow-up or background to the intercession can occur in discussion later after prayer is concluded.

## **Lord’s Prayer** (Stand)

It is an ancient tradition to incorporate the prayer Jesus gave us in Morning and Evening Prayer. A standard invitation allows all to join in this prayer from the beginning. It is varied occasionally on important feasts or seasons.

## **Blessing** (Stand)

Prayers are written to involve the community, which responds *Amen* to a threefold blessing. The conclusion to each blessing is Trinitarian in nature, during which the young people make the sign of the cross together. This should be practiced first.

## **Feast Summaries**

Short descriptions of the saint or feast are included for background information at the beginning of each season. These are not intended to be read aloud as part of the prayer, but may assist prior or subsequent discussion.

# THE ROLES OF ASSEMBLY, READER, AND PRESIDER

## The Assembly

The assembly includes all gathered for prayer.

All need to learn:

- the responses
- how to repeat the psalm antiphon
- when to stand and sit

The copy of the Psalter leaflet needs to be at hand for the assembly to pray the verses of the psalm aloud. When praying the psalm, the class is divided into half—Side 1 and Side 2—and they need to know which side will go first. The basic structure of the prayer is the same each week, so the assembly will learn intuitively how to pray as a liturgical assembly.

## The Reader

The reader reads the daily selection of Scripture. This needs to be practiced before the prayer begins. Both the introduction to the reading and the response at the end will also need to be practiced. Consider instructing the reader in handling the prayer book with reverence and solemnity.

## The Presider

The presider who leads the prayer of the assembly takes on an important leadership role. This role is not to be shared during the prayer as this will confuse the assembly. It is recommended that the same person presides for the week.

The presider parts are clearly labeled on the weekly prayer page. These invitations, introductions, and blessings must be proclaimed clearly and strongly, and should be practiced before prayer begins. The presider will need to be trained in:

- the art of pausing
- when to stand
- when to make eye contact with the assembly
- how to hold the prayer book reverently

To avoid last-minute scrambles, help the presider with any organizational or logistical challenges. The presider will also need to know when to insert a particular Collect or one of the other special Collects (e.g., prayer for someone's birthday).

Please note that the presider reads only the presider's parts, never the responses of the assembly. The only exception to this rule is joining in the common antiphon at the end of the psalm and the Lord's Prayer.

## Preparation

### The Assembly

Everyone present has a role to play because liturgy is communal prayer.

- No one is a spectator.

### The Reader

The reader's role is to read the Scripture.

An effective reader:

- locates the text before the prayer begins
- takes some time to practice the reading aloud
- handles the prayer book reverently
- pauses before beginning to read
- uses variation in voice to help proclaim the word
- pauses before saying: **The word of the Lord.**

### The Presider

There is only ever one presider in liturgical prayer. A good presider:

- stands in a central place
- makes eye contact with the assembly
- holds the prayer book reverently
- rehearses beforehand
- reads the presider's parts only
- is confident and clear
- does not forget to pause
- remembers the role is to help the assembly pray

# THE LECTIONARY

**A short reading from the Children's Lectionary is given for each day.**

The Friday reading is taken from the Lectionary readings for the following Sunday. This will help to introduce an element of the Sunday Scriptures to the young people. They may encounter this text again if they go to a Children's Liturgy of the Word in the parish.

The choice of readings for the other weekdays makes a connection with the *Lectionary for Masses with Children*, which arranges weekday Scripture texts thematically for each season. One of these themes has been assigned to each week and Scripture texts have been assigned accordingly. If a class Mass is being prepared, it would be helpful to consult this theme in the children's Lectionary.

**January 29—  
February 1**  
**ORDINARY TIME**  
**Week 3**

INVITATION P: The Lord be with you. STAND  
**All: And with your spirit.**  
 P: Blessed be God, our strength and guide.  
**All: Blessed be God forever.**

COLLECT *The presider reads the Collect.*

PSALM P: Together we will pray from Psalm 8. SIT  
 O Lord, our God,  
 how wonderful your name in all the earth!

**All: O Lord, our God,  
 how wonderful your name in all the earth!**

1: I often think of the heavens your hands have made,  
 and of the moon and stars you put in place.

2: Then I ask, "Why do you care about us humans?  
 Why are you concerned for us weaklings?"

1: You made us a little lower than you yourself,  
 and you have crowned us with glory and honor.

2: You let us rule everything your hands have made,  
 and you put all of it under our power.

1: The sheep and the cattle, and every wild animal,  
 2: the birds in the sky, the fish in the sea,  
 and all ocean creatures.

**All: Glory to the Father, and to the Son,  
 and to the Holy Spirit;  
 as it was in the beginning, is now,  
 and will be forever. Amen.**

P: O Lord, our God,  
 how wonderful your name in all the earth!

**All: O Lord, our God,  
 how wonderful your name in all the earth!**

READING *A reader proclaims the Scripture text of the day.*

INTERCESSIONS P: Rejoicing in the presence of God, STAND  
 let us pray for the needs of the world.

For all who serve and lead the Church:  
*(pause)* We pray as one.

**All: Gracious God, hear our prayer.**

For those who must face life alone:  
*(pause)* We pray as one. **R**

For those who are sick and dying:  
*(pause)* We pray as one. **R**

For the strength to live out the gospel:  
*(pause)* We pray as one. **R**

For the prayers in our hearts this day . . .  
*(pause while youth name their special intentions)*  
 We pray as one. **R**

LORD'S PRAYER P: We join our morning praise to that of the whole Church  
 and pray as Jesus taught us:

**All: Our Father . . .**

BLESSING P: May the peace of God guide us. **Amen.**  
 May the love of Christ burn in our hearts. **Amen.**  
 May the wisdom of the Spirit sustain us. **Amen.**

May God bless us.  
 In the name of the Father, and of the Son,  
 and of the Holy Spirit. **Amen.**

**WEEKLY THEME**

*The Word That  
I Speak*



## Tuesday, January 29

## Collect of the Week

### A Reading from the Holy Gospel according to Luke

4:16-19

Jesus went back to Nazareth, where he had been brought up, and as usual he went to the meeting place on the Sabbath. When he stood up to read from the Scriptures, he was given the book of Isaiah the prophet. He opened it and read, "The Lord's Spirit has come to me, because he has chosen me to tell the good news to the poor. The Lord has sent me to announce freedom for prisoners, to give sight to the blind, to free everyone who suffers, and to say, 'This is the year the Lord has chosen.'"

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

As we gather together, let us pray that all people may learn to seek God in all people and all events.

*(pause)*

God of life and love,  
may we always be aware of the Spirit in our lives, which brings us closer to you and to each other.

Through Christ our Lord. **Amen.**

## Wednesday, January 30

### A Reading from the Book of the Prophet Isaiah

55:10-11

*Collect of the week*

The rain and the snow fall from the sky.

But they don't return without watering the earth that produces seeds to plant and grain to eat.

And that's how it is with my words.

They don't return to me without doing everything I sent them to do.

The Word of the Lord. **Thanks be to God.**

## Thursday, January 31

## Saint John Bosco

### A Reading from the Holy Gospel according to Mark

1:21-27

Jesus used stories to teach the people many things.

"A farmer went out to scatter seed in a field. While the farmer was scattering the seed, some of it fell along the road and was eaten by birds.

Other seeds fell on thin, rocky ground and quickly started growing because the soil was not very deep. But when the sun came up, the plants were scorched and dried up, because they did not have enough roots.

Some other seeds fell where thorn bushes grew up and choked out the plants. So they did not produce any grain. But a few seeds did fall on good ground where the plants grew and produced thirty or sixty or even a hundred times as much as was scattered."

Then Jesus said, "If you have ears, pay attention."

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Today we celebrate the life of John Bosco. He inspired people to continue his work of educating poor students.

Let us pray for their ongoing work around the world.

*(pause)*

O God, source of all wisdom,  
fill us with love and kindness  
so we may give ourselves to your service.  
Through Christ our Lord. **Amen.**

## Friday, February 1

### A Reading from the Holy Gospel according to Luke

4:20-24

*Collect of the week*

*The Fourth Sunday in Ordinary Time, Year C*

Everyone in the meeting place looked straight at Jesus.

Then Jesus said to them,

"What you have just heard me read has come true today."

All the people started talking about Jesus and were amazed at the wonderful things he said.

They kept on asking, "Isn't he Joseph's son?"

Jesus answered: "You will certainly want to tell me this saying, 'Doctor, first make yourself well.'"

"You will tell me to do the same things here in my own hometown that you heard I did in Capernaum.

But you can be sure that no prophets are liked by the people of their own hometown."

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

# VOCABULARY

Below is a list of words youth will encounter through *We Pray As One*. Familiarizing young people with liturgical terms and concepts will help to build the young person's liturgical vocabulary. It may be useful to cover these words at the beginning of the year. Or you might prefer to look ahead and introduce the words as they present themselves.

## A

**Advent** four Sundays before Christmas when the Church prepares for the coming of Christ and remembers the first coming of Jesus at his birth

**Archbishop** the bishop of a larger regional diocese called an Archdiocese

**Assembly** a group of people who gather together to pray

## B

**Baptism** the first Sacrament of Initiation into the Christian family

**Bishop** a priest who is ordained as the leader, chief pastor, and teacher of a diocese

## C

**Canonized** to be officially declared a saint by the Church

**Commemorate** to remember a special day, event, or person

## D

**Diocese** the local Church of a particular area, made up of a number of parishes, and led by the bishop

## E

**Easter** the period of fifty days after the Easter Triduum when the Church celebrates the Resurrection of Jesus and the outpouring of the Holy Spirit

**Environment** the space in which people pray

## G

**Gospel** literally means "Good News;" the books of the Bible that tell of the life, death, and Resurrection of Jesus

## I

**Indigenous** the original or ancient people of a land

**Intercessions** petitions in the Prayer of the Faithful where we ask God for something

**Invitation** the opening words addressed to the assembly drawing them to participate in the prayer

## L

**Lent** the period of forty days when the Church prepares for Easter through prayer, fasting, and giving to the poor

**Litany** a form of prayer consisting of short phrases, each followed by a communal response

**Liturgy** the public prayer of the Church that includes the Sunday Eucharist, the Sacraments, Morning and Evening Prayer, Christian funerals, blessings, and so forth

## M

**Martyr** a follower of Jesus who died as a result of persecution for their faith

**Missionary** a baptized person sent by the local church to assist those in need

## O

**Ordinary Time** "counted" time that refers to the block of 34 weeks throughout the year, the first part occurring after Christmas and the rest after Easter

## P

**Pastor** the priest appointed to leadership of a particular parish

**Prayer** communication with God whereby a person grows in relationship with God

**Presbyter** another word for the priest, which emphasizes his role as an "elder" or leader

**Presider** one who leads the prayer of the assembly

**Priest** a minister ordained to proclaim the Gospel and lead an assembly in the celebrations of the liturgy, especially the Sacraments

**Prophet** a person appointed by God to speak words of reform and renewal within the life of a particular community

**Psalms** a song of praise, thanksgiving, or lament found in the Old Testament

## R

**Reconciliation** bringing people together in peace after forgiveness has been sought in the face of conflict, hurt, or disappointment

## S

**Saint** a person from the past who has lived the values of the Gospel, who is a model for other Christians, and who can intercede for us

**Scriptures** the sacred texts of the Christian Church comprising the Old Testament (before Christ) and the New Testament (about Christ)

## T

**Triduum** literally the "three days of Easter" beginning on Holy Thursday evening, and ending on the evening of Easter Sunday; the highpoint of the liturgical year

# PSALTER



A handout is available to facilitate young people's participation in daily prayer. Download and print from [www.smp.org/wepray](http://www.smp.org/wepray).

## PSALM 8

- All: O Lord, our God,  
how wonderful your name in all the earth!**
- 1: I often think of the heavens your hands have made,  
and of the moon and stars you put in place.
- 2: Then I ask, "Why do you care about us humans?  
Why are you concerned for us weaklings?"
- 1: You made us a little lower than you yourself,  
and you have crowned us with glory and honor.
- 2: You let us rule everything your hands have made,  
and you put all of it under our power.
- 1: The sheep and the cattle, and every wild animal,  
2: the birds in the sky, the fish in the sea,  
and all ocean creatures.

## PSALM 23

- All: The Lord is my shepherd; there is nothing I shall want.**
- 1: You, Lord, are my shepherd. I will never be in need.
- 2: You let me rest in fields of green grass.  
You lead me to streams of peaceful water,  
and you refresh my life.
- 1: You are true to your name,  
and you lead me along the right paths.
- 2: I may walk through valleys as dark as death,  
but I won't be afraid.
- 1: You are with me, and your shepherd's rod  
makes me feel safe.
- 2: Your kindness and love will always be with me  
every day of my life,  
and I will live forever in your house, Lord.

## PSALM 25

- All: To you, O Lord, I lift my soul.**
- 1: Show me your paths and teach me to follow;  
2: guide me by your truth and instruct me.
- 1: You keep me safe. You are honest and merciful,  
and you teach sinners how to follow your path.
- 2: You lead humble people to do what is right  
and to stay on your path.
- 1: In everything you do, you are kind and faithful  
to everyone who keeps our agreement with you.
- 2: Our Lord, you are the friend of your worshippers,  
and you make an agreement with all of us.

## PSALM 27

- All: The Lord is my light and my salvation.**
- 1: You, Lord, are the light that keeps me safe.  
I am not afraid of anyone.
- 2: You protect me, and I have no fears.
- 1: I ask only one thing, Lord:  
Let me live in your house every day of my life
- 2: to see how wonderful you are  
and to pray in your temple.
- 1: I know that I will live to see how kind you are.  
Trust the Lord!
- 2: Be brave and strong and trust the Lord!

## PSALM 34

- All: Taste and see the goodness of the Lord.**
- 1: I will always praise the Lord.  
With all my heart, I will praise the Lord.
- 2: Let all who are helpless listen and be glad.  
Honor the Lord with me! Celebrate his great name.
- 1: I asked the Lord for help,  
and he saved me from all my fears.
- 2: Keep your eyes on the Lord!  
You will shine like the sun and never blush with shame.
- 1: Honor the Lord! You are his special people.  
No one who honors the Lord will ever be in need.
- 2: Young lions may go hungry or even starve,  
but if you trust the Lord,  
you will never miss out on anything good.

## PSALM 96

- All: Proclaim God's marvelous deeds to all the nations.**
- 1: Sing a new song to the Lord!
- 2: Everyone on this earth, sing praises to the Lord,  
sing and praise his name.
- 1: Day after day announce, "The Lord has saved us!"
- 2: Tell every nation on earth, "The Lord is wonderful  
and does marvelous things!"
- 1: Tell the heavens and the earth  
to be glad and celebrate!
- 2: Command the ocean to roar with all of its creatures  
and the fields to rejoice with all of their crops.

## PSALM 103

- All: The Lord is kind and merciful.**
- 1: With all my heart I praise the Lord,  
and with all that I am I praise his holy name!
- 2: With all my heart I praise the Lord!  
I will never forget how kind he has been.
- 1: The Lord forgives our sins,  
heals us when we are sick, and protects us from death.
- 2: His kindness and love are a crown on our heads.
- 1: How great is God's love for all who worship him?  
Greater than the distance between heaven and earth!
- 2: How far has the Lord taken our sins from us?  
Further than the distance from east to west!

## PSALM 104

- All: Lord, send out your Spirit, and renew the face of the earth.**
- 1: I praise you, Lord God, with all my heart.
- 2: You are glorious and majestic.
- 1: Our Lord, you made so many things; the whole earth  
is covered with your living creatures.
- 2: You created all of them by your Spirit,  
and you give new life to the earth.
- 1: Our Lord, we pray that your glory will last forever
- 2: and that you will be pleased with what you have done.

### **PSALM 118**

**All: This is the day the Lord has made;  
Let us rejoice and be glad.**

- 1: Tell the Lord how thankful you are,  
because he is kind and always merciful.
- 2: Let Israel shout, "God is always merciful!"
- 1: The Lord is powerful!  
With his mighty arm the Lord wins victories!
- 2: And so my life is safe, and I will live to tell  
what the Lord has done.
- 1: The stone that the builders tossed aside  
has now become the most important stone.
- 2: The Lord has done this, and it is amazing to us.

### **PSALM 121**

**All: Our help is from the Lord, who made heaven and earth.**

- 1: I look to the hills! Where will I find help?
- 2: It will come from the Lord,  
who created the heavens and the earth.
- 1: The Lord is your protector,  
there at your right side to shade you from the sun.
- 2: You won't be harmed by the sun during the day  
or by the moon at night.
- 1: The Lord will protect you and keep you safe  
from all dangers.
- 2: The Lord will protect you now and always  
wherever you are.

### **PSALM 139**

**All: I praise you for I am wonderfully made.**

- 1: You have looked deep into my heart, Lord,  
and you know all about me.
- 2: You know when I am resting or when I am working,  
and from heaven you discover my thoughts.
- 1: You notice everything I do and everywhere I go.
- 2: You are the one who put me together  
inside my mother's body,  
and I praise you because of the wonderful way  
you created me.
- 1: Everything you do is marvelous!  
Of this I have no doubt.
- 2: Nothing about me is hidden from you!  
I was secretly woven together  
deep in the earth below.

### **PSALM 145**

**All: The Lord is near to all who call on him.**

- 1: All creation will thank you,  
and your loyal people will praise you.
- 2: They will tell about your marvelous kingdom  
and your power.
- 1: Everyone depends on you, and when the time is  
right, you provide them with food.
- 2: By your own hand you satisfy the desires  
of all who live.
- 1: Our Lord, everything you do is kind and thoughtful,  
and you are near to everyone whose prayers are  
sincere.

### **PSALM 146**

**All: Praise the Lord, my soul!**

- 1: God always keeps his word.
- 2: He gives justice to the poor and food to the hungry.
- 1: The Lord sets prisoners free and heals blind eyes.
- 2: He gives a helping hand to everyone who falls.
- 1: The Lord loves good people  
and looks after strangers.
- 2: He defends the rights of orphans and widows.

### **PSALM 150**

**All: Let everything that breathes praise the Lord!**

- 1: Shout praises to the Lord! Praise God in his temple.
- 2: Praise him in heaven, his mighty fortress.  
Praise our God!
- 1: His deeds are wonderful, too marvelous to describe.
- 2: Praise God with trumpets and all kinds of harps.
- 1: Praise him with tambourines and dancing,  
with stringed instruments and woodwinds.
- 2: Praise God with cymbals, with clashing cymbals.  
Let every living creature praise the Lord.

### **CANTICLE OF MARY – LUKE 1:46-55**

**All: My soul proclaims the greatness of the Lord,**

- 1: and my spirit rejoices with God my Savior,  
who has looked with favor on his lowly servant.
- 2: From this day all generations will call me blessed:  
the Almighty has done great things for me  
And holy is his name.
- 1: God has mercy on those who fear him,  
from generation to generation.
- 2: God has filled the hungry with good things  
and sent the rich away empty.
- 1: He has come to the aid of his servant Israel,  
to remember the promise of mercy,
- 2: the promise made to our forebears  
to Abraham and his children for ever.

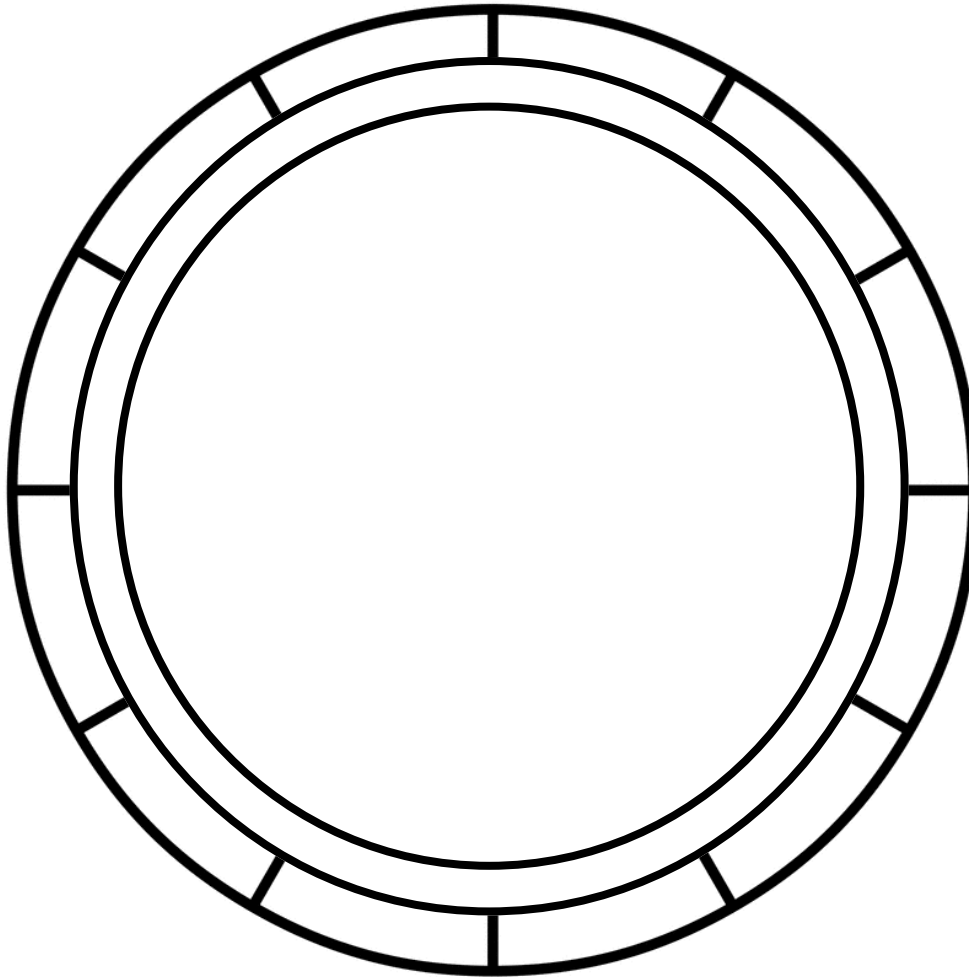
### **CANTICLE OF ZECHARIAH – LUKE 1:68-69,76-79**

**All: Praise the Lord, the God of Israel!**

- 1: He has come to save his people.
- 2: Our God has given us a mighty Savior  
from the family of David, his servant.
- 1: You, my son, will be called  
a prophet of God in heaven above.
- 2: You will go ahead of the Lord  
to get everything ready for him.
- 1: You will tell his people that they can be saved  
when their sins are forgiven.
- 2: God's love and kindness will shine upon us  
like the sun that rises in the sky.
- 1: On us who live in the dark shadow of death,  
this light will shine to guide us into a life of peace.

# THE LITURGICAL YEAR 2019

Just as our world has special times and seasons, so does the Church. In our liturgical seasons we remember important parts of the Christian faith and wait for the time when Christ will come again.



1. In the outer ring, write the twelve months of the year.
2. In the second ring, mark the four seasons and write the names:  
Winter begins in December; Spring begins in March; Summer begins in June;  
Autumn begins in September.
3. In the inner circle, mark off the seasons of the Church year like a pie chart and color each with its liturgical color. Use this table:

Advent	December 1–December 24	Purple
Christmas	December 25–January 13	White
Ordinary Time	January 14–March 5	Green
Lent	March 6–April 20	Purple
Easter Time	April 21–June 9	White
Ordinary Time	June 10–November 30	Green

# WHAT IS THIS THING CALLED PRAYER?

Why do we pray together as a community? Wouldn't it be easier just to pray alone? God calls us to be together, to be the community of God's people, to become the Church.

**As a Church we pray in many different ways and at different times and places.**  
 Draw a line from each description to its matching prayer.

Prayer said before eating

**Sign of the Cross**

Special prayer dedicated to Mary our Mother

The Sunday prayer of the whole assembled Church

**Psalms**

Gesture made when you move your fingers from your forehead to your heart and then to each shoulder

Sacred poems from the Old Testament, originally written as songs

**Rosary**

**Eucharist**

**Lord's Prayer**

Special prayer taught to us by Jesus

**Grace before Meals**

**We also pray privately.**

Circle the number below that indicates how strongly you agree with each statement.

	<i>Do not agree</i>			<i>Strongly agree</i>	
I find it easy to remember to pray each day.	1	2	3	4	5
I like to pray at the same time each day.	1	2	3	4	5
I like to pray by talking to God when I'm sad.	1	2	3	4	5
When I pray I like to use my own words.	1	2	3	4	5
My favorite time for prayer is when it's quiet.	1	2	3	4	5
Praying is easy when I see God's beautiful world.	1	2	3	4	5
I like to pray by thanking God when I am happy.	1	2	3	4	5

**Liturgy** is a Greek word that means the "work of the people." Liturgy is the name we give to our communal prayer celebrations. There are many different types of liturgical celebrations: Baptism, Eucharist, Reconciliation, Marriage, Ordination, and Liturgy of the Hours.

**Liturgy of the Hours** is the name we give to prayer at special times of the day when we use psalms and prayers to thank and praise God. The most common times to celebrate the Liturgy of the Hours are morning and night. In the morning we ask God's help during the day. At night we pray for God to watch over us as we sleep.

# THE PSALMS

## About the Psalms

- The Psalms are ancient, holy songs from the Bible.
- The Hebrew word for *psalm* means “songs of praise.”
- Jesus and his followers would have sung psalms when they prayed to God.
- The Christian community has always used psalms in worship.
- The Psalms are poems of praise but they express many different emotions.
- Even when they were sad or worried, the writers of the Psalms knew that God would take care of them.

Read these four prayers from the psalms and decide when you might pray each one.

<p>Shout praises to the Lord! Shout the Lord’s praises in the highest heavens. All of you angels. And all who serve him above, come and offer praise.  Psalm 148:1–2</p>	<p><b>When I’m feeling sad,</b> I could say Psalm _____</p> <p><b>When I want to praise God,</b> I could say Psalm _____</p>	<p>Why am I discouraged? Why am I restless? I trust you! And I will praise you again because you help me, and you are my God.  Psalm 42:5–6</p>
<p>You are kind, God! Please have pity on me. You are always merciful! Please wipe away my sins. Wash me clean from all of my sin and guilt.  Psalm 51:1–2</p>	<p><b>When I’ve done something wrong,</b> I could say Psalm _____</p> <p><b>When I’m worried or scared,</b> I could say Psalm _____</p>	<p>You said to me, “I will point out the road that you should follow. I will be your teacher and watch over you.”  Psalm 32:8</p>

# THE ENVIRONMENT FOR PRAYER

Where do you pray most easily?  
What helps you to pray?  
When do you feel close to God?

Put an “X” in the boxes below for places you find it easy to pray.

- in church
- at home
- outside in nature
- by a lake or river
- in a quiet space
- near a cross or picture of Jesus
- where I can be alone
- in a group that is praying
- near an image or statue of the Virgin Mary
- where I can read from a prayer book
- where there is music

If you could create a special prayer space in your classroom or home, where would it be?

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What would you include in your prayer space?

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\* A handout is available at [www.smp.org/wepray](http://www.smp.org/wepray).



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