

Catechism at Home Session 3

October 11th: Daily Prayer, Practicing our Faith

Introductions/Gathering:

Have fun with a candy activity! Pour some candy for each person and answer the questions below. You can eat the color that you talk about as you go!

m&M colors:

Brown- Best thing that happened this summer

Red- One thing they enjoy about their family

Blue- Their favorite place to be

Green- One activity or hobby they enjoy

Yellow- One act of service or giving that they have done in their life

Orange- If they could go anywhere in the world, where would it be

Skittle colors:

Green- One activity or hobby they enjoy

Red- One thing they enjoy about their family

Yellow- One act of service or giving that they have done in their life

Orange- If they could go anywhere in the world, where would it be

Purple- Best thing that happened this summer

Prayer:

What is prayer--

Name some things you know about prayer. Talk together about when you pray and how you like to pray. Have you tried different ways of holding your hands? Do you like memorized prayers or spontaneous prayer?

Look up these verses and talk about what it says about prayer.

- Jeremiah 29:12
- Philippians 4:6
- Psalm 102:17
- James 5:16
- Matthew 26:41
- Acts 2:21
- Job 42:10

Open up the small catechism-- Find the daily prayers by Martin Luther. Read the prayers together. What do they mean? Why would he write these for families to know?

Write a morning prayer and evening prayer in your own words together.

Prayer activities: pick an activity or do both!

Praying in Color: will need crayons or markers or colored pencils and paper

Here is a link to a guided praying in color practice you can do together

https://drive.google.com/file/d/19VSdOViNG5_qMRK2-7K8eyAJfPebI-nH/view

Guided meditation or visualization for prayer. Here is a link to some

<http://mindfulnessforteens.com/guided-meditations/>

Wrap Up:

Name one thing you learned about prayer today in one word or phrase.

Close in prayer together with the Lord's prayer or another one they know.

Homework is on the next pages!

OSLC 6th & 7th Confirmation

Faith + Home Connection: October 12-October 24th, 2020

Week One -- Prayer one or both of Martin Luther's morning or evening prayer each day either on your own or as a family.

Assignment Two: Do 5 devotion check ins: 5 verses on prayer



Each Day start by Sharing highs/lows and God Sightings for the day. Write them down or remember them for prayer time.



Day 1: 1 Thessalonians 5:16-18

Reflect What are the things you give thanks for today? What are the things you have to rejoice over?

Day 2: 1 John 1:9

Reflect Who in your life needs forgiving? What are the things you have to confess to God in prayer? Do that either together or on your own. You can write them on paper and tear it up or burn it or write them on toilet paper and flush them as a way to remember God's forgiveness is for you!

Day 3: Job 22:27

Reflect What does this verse promise to you and others?

Day 4: Matthew 26:41

Reflect What are the things in life that you need God's help in doing or not doing?

Day 5: Philippians 4:6

Reflect What does it feel like to take your worries and share them with someone else? How can you share them with God and release them to God's care?



Say a prayer together about your reflections on the verse and/or your highs and lows



Make the sign of the cross on each other's foreheads or hands:

+ _____ (name) Remember you are heard and loved by God daily +

