

THOUGH MANY, WE ARE ONE

UNIT 1 COMMUNITY BUILDING

Lesson 3

Introduction to Body Prayer

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Building Community

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Lesson Overview

Students learn about and explore body prayer.

Duration: 30 – 40 mins

CURRICULUM CONNECTIONS

Religious Education:
Fundamental Concept PR2 The Way of Prayer: Forms and Expressions of Prayer.

Gr 5 - PR1.2: Describe the variety of ways that Catholics express prayer during the communal celebration of the Mass (i.e. song, petitions, prayers, posture, kneeling, fold our hands, bowing our heads, cultural expressions and in silence) and suggest how and why all these ways deepen our experience of prayer.

ONTARIO CATHOLIC SCHOOL GRADUATE EXPECTATIONS & CATHOLIC SOCIAL TEACHINGS

The Catholic Social Teachings evident in this lesson include:
Call to Family, Community, and Participation

The Ontario Catholic School Graduate Expectations evident in this lesson include:

A Discerning Believer Formed in the Catholic Faith Community who:
CGE1f: seeks intimacy with God and celebrates communion with God, others and creation through prayer and worship.

GUIDING QUESTIONS (coming out of the Big Idea)

Big Idea:

- The life of prayer requires the development of habits which reflect the spirit and example of Jesus' life of prayer.
- Prayer has many forms and expressions found in Scripture and Tradition – blessing and adoration, petition, intercession, thanksgiving and praise, vocal, meditative, and contemplative. Each form of prayer serves to deepen our relationship with God.

Scripture Passages:

- Ephesians 6:18

LEARNING GOALS

At the end of this lesson, students will know, understand and/or be able to:

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	Use their body to enter into prayer in a different way.
INSTRUCTIONAL COMPONENTS AND CONTEXT	
<p>Terminology:</p> <p>Body prayer is physical activity or posture that promotes spiritual communion with God, with an emphasis on engaging our body, mind and spirit in prayer.</p> <p>NOTE: As students in a Catholic school, we already pray with our bodies. We make the sign of the cross before and after we pray. At Mass, we sit, stand, kneel, shake hands, fold our hands and bow our heads. Each of these actions is an integral part of our personal and communal prayer.</p>	<p>Materials:</p> <ul style="list-style-type: none"> - Open space created in classroom - Bell or chime for contemplative prayer <p>Internet Resources:</p> <ul style="list-style-type: none"> - The Lord's Prayer- Body Prayer (video) https://www.youtube.com/watch?v=sxWOfNqobNY <p>Resources:</p> <ul style="list-style-type: none"> - <i>Praying With The Body</i> by Roy DeLeon, Paraclete Press, 2009. (every school in ALCDSB has a copy of this book- see Faith Life Liaison)
<p>MINDS ON</p> <ul style="list-style-type: none"> • Establishing a positive learning environment • Connecting to prior learning and/or experiences • Setting the context for learning 	
	<ul style="list-style-type: none"> - desks/tables moved to outside walls of classroom to create open space - view https://www.youtube.com/watch?v=sxWOfNqobNY <p>As you are watching, ask students to describe:</p> <ul style="list-style-type: none"> • <i>What is happening? What are the people doing?</i> • <i>What are some of the gestures or postures used to pray during the Mass? (sign of the cross, folding hands, standing, kneeling, etc.)</i>

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ACTION

- Introducing new learning or extending/reinforcing prior learning
- Providing opportunities for practice and application of learning (guided → independent)

1. Students establish their own space in the open area of the room
2. Ask students to think about how they are feeling in the moment (nervous, stressed, happy, sad etc.)
3. Introduce body prayer (see *Terminology* above)
4. Start the video again and pray using the movements shown
5. Use *Alleluia 10* in Praying With The Body (or another selection)

CONSOLIDATION

- Providing opportunities for consolidation and reflection
- Helping students demonstrate what they have learned

Students may share how they felt praying in this form. (*As prayer can be very personal, let students know that one does not always have to share.*)

- How do students feel now?
- How does body prayer differ from other forms of prayer?
- How might it help one to meditate on the text of a prayer or psalm?
- Return desks to their places.

CONTINUED LEARNING OPPORTUNITIES

Further extensions to this lesson might include:

- creating or incorporating a simple body prayer into daily classroom prayer (e.g. Grace Before Meals, Afternoon Prayer, or End of Day Prayer)
- students may select and lead a body prayer from available resources