

THOUGH MANY, WE ARE ONE

UNIT 5

On the Lenten Journey

Lesson 4

Prayer

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Lesson Overview

Students will be introduced to the three pillars of Lent; prayer, fasting and almsgiving. They will discuss the forms and expressions of prayer and will participate in a contemplative prayer experience.

Duration: 40 minutes

CURRICULUM CONNECTIONS

Religious Education:

Grade 4 - PR1: Understand how Jesus prayed to God His Father and how He teaches us to express our prayers to God.

Grade 4 - PR2.2: Describe the various forms of prayer used within the Catholic Tradition (blessing and adoration, petition, intercession, thanksgiving and praise).

Grade 5 - PR2.1: Identify and use various means to enter into and experience vocal prayer (i.e. personal and communal, music, rosary, stations of the cross, novena, litanies), meditative prayer using various biblical passages (e.g. the Beatitudes, Jesus' prayer of petition while on the cross – Father forgive them..., Jesus prays in the Garden of Gethsemane) and contemplative prayer (i.e. silence, images e.g. icons, adoration of the Blessed Sacrament).

Language:

Oral Communication 1: listen in order to understand and respond appropriately in a variety of situations for a variety of purposes

Oral Communication 2: use speaking skills and strategies appropriately to communicate with different audiences for a variety of purposes

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

A Reflective, Creative and Holistic Thinker Who:

CGE3a: Recognizes there is more grace in our world than sin and that hope is essential in facing all challenges

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	The Arts: Visual Arts D1: Creating and Presenting: apply the creative process to produce a variety of two- and three-dimensional art works, using elements, principles, and techniques of visual arts to communicate feelings, ideas, and understandings	
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	GUIDING QUESTIONS (coming out of the Big Idea)	
	Big Idea: <ul style="list-style-type: none"> Prayer has many forms and expressions found in Scripture and Tradition – blessing and adoration, petition, intercession, thanksgiving and praise, vocal, meditative, and contemplative. Prayer is structured and spontaneous, individual and communal, and is enriched by a variety of elements that deepen the experience of prayer (silence, symbols, gospel reading, reflection, images, music, etc.). (Praying Grade 4) What is prayer? How and when do we pray? Scripture Passages: <ul style="list-style-type: none"> Matthew 6:5-13 	

	LEARNING GOALS	
	<p>At the end of this lesson, students will know, understand and/or be able to:</p> <ul style="list-style-type: none"> prayer is central to Christian life and takes many forms. Jesus showed His disciples how to pray by often praying to God and He taught them the Lord’s Prayer. <p>Success Criteria, based on the Learning Goals, can be co-constructed as a class in language meaningful to students. The success criteria help students understand what to look for during the learning and what it looks like once they have learned. They identify the significant aspects of student performance that are assessed and/or evaluated (i.e., the “look-fors”) in relation to curriculum expectations.</p>	

	INSTRUCTIONAL COMPONENTS AND CONTEXT	
	Terminology: <ul style="list-style-type: none"> prayer 	Materials: <ul style="list-style-type: none"> Bibles prepared cardboard crosses clothespins markers or paint white glue Resources: <ul style="list-style-type: none"> “Lord Teach Us To Pray”: https://youtu.be/84Pi1ED-3bs “Prayer, Fasting, and Almsgiving: The Three Pillars of Lent” by The Religion Teacher

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	https://www.youtube.com/watch?feature=player_embedded&v=UDaD5upTII <ul style="list-style-type: none">• “All in One—A Craft, Prayer Experience, and Keepsake for Lent” (see Appendix 1)
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MINDS ON <ul style="list-style-type: none">• Establishing a positive learning environment• Connecting to prior learning and/or experiences• Setting the context for learning
Watch the video of the song “Lord Teach Us To Pray”: https://youtu.be/84Pi1ED-3bs Have students discuss the following questions with a partner: <ul style="list-style-type: none">- What is prayer?- How do we pray?- When do we pray?

ACTION <ul style="list-style-type: none">• Introducing new learning or extending/reinforcing prior learning• Providing opportunities for practice and application of learning (guided → independent)
Watch video : Prayer, Fasting, and Almsgiving: The Three Pillars of Lent https://www.youtube.com/watch?feature=player_embedded&v=UDaD5upTII <ol style="list-style-type: none">1. Distribute Bibles and read Matthew 6:5-13 together.2. Discuss how Jesus told His disciples how to pray.3. On chart paper record answers to the questions asked earlier: What is prayer? How do we pray? And when do we pray? If not mentioned by the students, add that prayer can take place individually or in groups and there are many reasons for prayer including blessing and adoration, petition, intercession, thanksgiving and praise. Prayer can be vocal, meditative and contemplative.

CONSOLIDATION <ul style="list-style-type: none">• Providing opportunities for consolidation and reflection• Helping students demonstrate what they have learned
Prepare crosses out of poster board, one for each student. The vertical part of each cross is 10 inches high x 1¾ inches wide, and the horizontal arm is 8¾ inches long x 1¾ inches wide. Provide craft glue, markers or paint, and clothespins, 13 for each student. As they follow the directions for the activity, students will take the clothespins apart. They will glue 20 clothespin halves to the cross, and use 6 clothespin halves to form the body of Jesus on the cross. Tell students they will take part in a contemplative prayer experience. Students follow the seven steps described in “All in One-A Craft, Prayer Experience, and Keepsake for Lent” (Appendix 1) as the teacher reads them. Each step includes an action and a reflection.

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Encourage them to remain silent throughout the activity and to follow the actions and reflect on what you read to them. Remind them that their creative actions are a form of prayer.

Quiet music may be played to help students reflect silently during the activity. You may choose to model the steps of the activity before students begin so that they are better able to work independently and silently.

**Differentiated instruction: Reproduce worksheet for some students, support staff or volunteers.*

CONTINUED LEARNING OPPORTUNITIES

Further extensions to this lesson might include:

- Writing prayers.
- Making "Prayer Rocks" by wrapping a few small stones in a square of fabric and tying it with an elastic band and a ribbon. Make copies of the poem and attach it to the rock bundle with a twist tie or string.

Poem:

We are your prayer rocks and soon you will see
how nifty, how handy, how helpful we can be.
Put us on your pillow and at night you'll see,
when you lay your head down, how lumpy we can be!
You'll suddenly remember to say your nightly prayers
because nobody wants to sleep with rocks in their hair.
Put us on the floor beside your bed for the next day
and in the morning when you rise, your rocky step will tell you to pray.
"Praise Almighty God!" you will happily say.
"Time to say my morning prayer for this blessed day."

