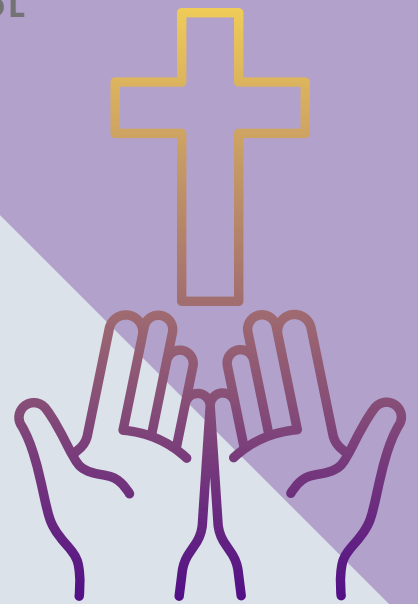


# LENT PRAYING



## Word of the Week

**“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.**

**“This, then, is how you should pray:**

**“Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as it is in heaven.**

**Give us today our daily bread.**

**And forgive us our debts,  
as we also have forgiven our debtors.**

**And lead us not into temptation,  
but deliver us from the evil one.’**

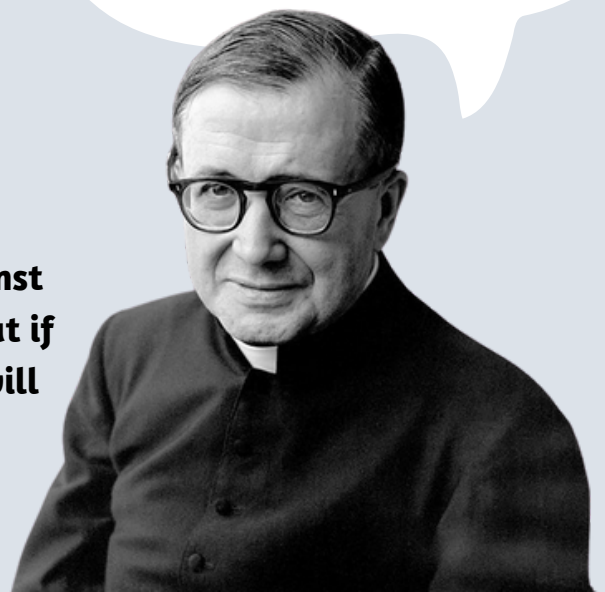
**For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.**

**Matthew 6: 5-15**



*“You don't know how to pray? Put yourself in the presence of God, and as soon as you have said, 'Lord, I don't know how to pray' you can be sure you've already begun.”*

St Josemaria Escriva



## Talking to God

Jesus taught His disciples how to pray by teaching them the Our Father which is great prayer to use when we don't know how to pray or what to say.

But we don't need to use any fancy or learnt words to pray/talk to God.

In a few minutes of silence speak to God from your heart. What do you want to tell Him?

What do you want to thank Him for?

What do you want to ask Him for?

How can God help you?

After this time of silent prayer pray together the words of the Our Father.

DEAR GOD,  
I WANT TO TAKE A MINUTE,  
NOT TO ASK FOR ANYTHING  
FROM YOU, BUT TO SIMPLY SAY  
THANK YOU, FOR ALL I HAVE.

FOR PRAYER IS  
NOTHING ELSE THAN  
BEING ON TERMS OF  
FRIENDSHIP WITH  
GOD.

- SAINT TERESA



[Talking to Jesus](#)  
[LISTEN HERE](#)

[Focusing your Lenten Prayer](#)  
[WATCH HERE](#)

[Sign Your Cross](#)  
[LISTEN AND JOIN IN HERE](#)

[Rediscovering Prayer - Traditional Prayers](#)  
[CLICK HERE](#)

# Pray

## Lunchtime Prayer

Bless us O Lord, as we sit together.

Bless the food we eat today.

Bless the hands that make the food.

Bless us O God.

Amen



## Lenten Prayer Challenge

THIS WEEK WHY NOT TAKE PART IN OUR LENT PRAYER CHALLENGE. THIS CHALLENGE WILL HELP YOU TO SEE AND EXPERIENCE THAT THERE ARE SO MANY DIFFERENT WAYS WE CAN PRAY. SOME WE WILL FIND EASIER THAN OTHERS, SOME WE MIGHT ENJOY MORE THAN OTHERS.

**MONDAY: MUSIC-** LISTEN TO A WORSHIP SONG OR CHOSE YOUR FAVOURITE ACTION PRAISE SONG (MARK 10 MISSION ON YOUTUBE).

**TUESDAY: INTERCESSIONS-** DURING YOUR TIME OF PRAYER THIS MORNING GO AROUND THE FORM AND INVITE EVERY PERSON TO SAY A NAME OF SOMEONE THEY WOULD LIKE THE CLASS TO PRAY FOR.

**WEDNESDAY: WORD-** READ SLOWLY THIS WEEK'S WORD OF THE WEEK. AS YOU READ/LISTEN THINK ABOUT WHAT STANDS OUT TO YOU. HOW MIGHT GOD BE SPEAKING TO YOU THROUGH HIS WORD.

**THURSDAY: SILENCE-** PUT A TIMER ON THE BOARD AND HAVE 3 MINUTES OF SILENCE. WHAT MIGHT GOD BE COMMUNICATING TO YOU THROUGH THE SILENCE.

**FRIDAY: FIVE FINGER PRAYER-** USING YOUR THUMB AND YOUR FINGERS PRAY FOR 5 DIFFERENT SITUATIONS THAT NEED YOUR PRAYERS.

