



Catholic Prayer Module

Checklist

Use this checklist to help navigate the Catholic Prayer Module.

OPENING PRAYER ____

PART ONE: ENGAGE

Activity One:

- Prayer in My Life Today ____

Activity Two: What is Prayer:

- Prayer is Relationship with God ____
- Prayer is Opening Our Lives to God ____
- Prayer is Being Changed by God ____
- Prayer is Being Attentive to God and Others ____
- Prayer is Living ____
- Prayer Takes Practice ____

PART TWO: EXPLORE

Activity One: Introduction to Prayer

- Watch Part One of on Prayer ____
- Read Chapter 35 “God Calls Us to Pray” ____
- Watch Part Two: The Lord’s Prayer ____
- Read Chapter 36 “Jesus Taught Us to Pray” ____
- Watch Part Three Prayer Practices ____

PART 3: PRACTICE

Activity 1: Experiments in Prayer

- Choice one: ____
- Choice two: ____
- Choice three: ____
- Choice four: ____
- Experience “Prayer of Examen” ____
- Watch Video “Five Common Ways to Pray” ____

PART 4: APPLY

Activity 1: Application to Your Life ____

Activity 2:

Application to your Teaching or Ministry ____

CLOSING PRAYER ____

FINAL STEPS:

Congratulations! You have completed the module on Catholic Prayer. If you are a Catholic School Teacher or Catechist/ Parish Minister, please see the Final Steps section on the Part Four: Apply page for the requirements needed to submit your work.



CENTER FOR CATHOLIC EDUCATION & FORMATION

SAINT THOMAS SEMINARY - ARCHDIOCESE of HARTFORD