

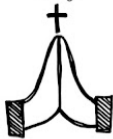



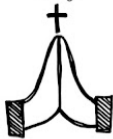



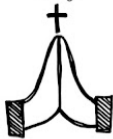

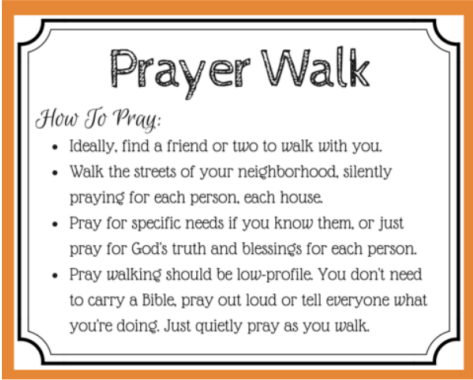




Ways to Pray - Our Lady Queen of Martyrs

Type of Prayer	Example	Resources												
Traditional Prayers	Most prayers in the OLQM prayer progression document	Encourage children to pray these in the formal way, with an air of reverence and a reminder of prayer expectations for formal prayers; hands together, sitting or standing still.												
Repetitive prayer	The Rosary Litanies	<ul style="list-style-type: none"> • The Rosary mysteries explained • Litany of Saints • Litany of Mary 												
Praying the psalms	Psalm 136 Give thanks to the Lord...his faithful love endures forever.	<ul style="list-style-type: none"> • Praying the psalms • Praying through the Psalms - suggestions • See slides 												
Guided meditation using Scripture	Stories or readings from scripture with suggested meditation exercises to do alongside them.	<ul style="list-style-type: none"> • 'Sitting like a Saint' book • 'Praying My Faith' book • 'Guided Meditation for Catholic Kids' book • 'Psalms for Young Children' 												
Lectio Divina (Divine Reading)	Slow and contemplative reading of Scripture	<ul style="list-style-type: none"> • Lectio Divina Resources (Shared Drive) <div style="text-align: center;"> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;">Lectio</td> <td style="padding: 5px;">Meditatio</td> <td style="padding: 5px;">Oratio</td> <td style="padding: 5px;">Contemplatio</td> </tr> <tr> <td style="text-align: center; font-size: small;">Read</td> <td style="text-align: center; font-size: small;">Meditate</td> <td style="text-align: center; font-size: small;">Pray</td> <td style="text-align: center; font-size: small;">Contemplate</td> </tr> <tr> <td style="text-align: center;"></td> <td style="text-align: center;"></td> <td style="text-align: center;"></td> <td style="text-align: center;"></td> </tr> </table> </div>	Lectio	Meditatio	Oratio	Contemplatio	Read	Meditate	Pray	Contemplate				
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Visio Divina (Divine Seeing) Contemplation	Looking at a piece of art, a scene from nature etc.	<ul style="list-style-type: none"> ● Visio Divina Resources (Shared Drive) ● Visio Divina: How to pray with the eyes of the heart
Prayer through music		<ul style="list-style-type: none"> ● Guide to how to pray through music
Use of gestures and symbols	The sign of the cross The sign of peace Prayer actions	<ul style="list-style-type: none"> ● Blessing with water or dipping fingers in water while music is playing, or while saying a prayer together ● Use prayerful signs/actions/gestures to accompany a prayer or song ● Wash hands/feet ● Pass on a sign of peace ● Plant seeds ● Place a stone at the foot of the cross ● Drop a pebble in water ● Light a candle ● Use touch - hand on hand, shake hands, hold hands, link arms to pass a prayer on ● Break bread ● 5 finger prayer - variety of ways to do this
Breath prayers	See slides	<ul style="list-style-type: none"> ● Breath prayers (Google Drive) ● https://bestillbeads.com/breath-prayers/
Silent prayers	See slides	<ul style="list-style-type: none"> ● Begin with one of the slides. ● Add in an image, a short passage from scripture, one Bible verse, or simply a word to focus on. ● Read the words on the slide by yourself or together. ● Encourage children to sit comfortably and close eyes. ● Children might feel led to write their prayer or thoughts in their prayer journal.
Centering prayer	See slides Choose one word from a Bible verse, or any sacred word for the children to focus on.	<ol style="list-style-type: none"> 1. Choose a sacred word as a symbol of your intention to consent to God's presence and action within you. Examples include "peace," "love," "Jesus," or "amen". 2. Sit comfortably with your eyes closed, settle briefly, and then gently introduce the sacred word. 3. When thoughts arise, including sensations, feelings,

		<p>memories, or external distractions, let them go and gently return to your sacred word.</p> <p>4. At the end of the prayer period, remain in silence with your eyes closed for a few minutes to return to full body awareness before moving on with your day.</p>
List prayers	Write down, or say in your mind, a list of things you want to pray for.	Prayer list templates in the shared drive under ' Prayer Lists '.
Mandalas	Round shape of a mandala, reminds us of God's everlasting love. Repeat the pattern/word/phrase to seek God and listen to Him.	<ul style="list-style-type: none"> • Mandalas (shared drive)
Prayer walks	 <p>Prayer Walk</p> <p><i>How To Pray:</i></p> <ul style="list-style-type: none"> • Ideally, find a friend or two to walk with you. • Walk the streets of your neighborhood, silently praying for each person, each house. • Pray for specific needs if you know them, or just pray for God's truth and blessings for each person. • Pray walking should be low-profile. You don't need to carry a Bible, pray out loud or tell everyone what you're doing. Just quietly pray as you walk. 	<ul style="list-style-type: none"> • Guide to a prayer walk • Prayer walk resources (shared drive)

Prayers of petition	Prayers of penance	Prayers of thanksgiving	Prayers of praise/worship	Prayers of intercession
<p>Asking God for help</p> <p>Response 'Lord in your mercy, hear our prayer.'</p>	<p>Asking God for forgiveness and to forgive others</p> <p>E.g. Act of contrition, own personal prayers</p>	<p>Thanking God through words/songs.</p> <p>Response: 'Lord hear us: Lord graciously hear us.'</p>	<p>Acknowledging God's blessings and infinite attributes.</p> <p>Examples: The Gloria Prayer of St Francis of Assisi Personal prayers</p>	<p>Prayers offered on behalf of others</p> <p>E.g. for those who are sick or in need, for leaders, for the church</p>