

Lesson 6: Activities

Activity 1: True (T) or False (F).

- ___ 1. Prayer, like communication, involves speaking only.
- ___ 2. During prayer, we should speak and God should listen.
- ___ 3. Prayer helps to deepen our relationship with God.
- ___ 4. God's will is made known to us through prayer.
- ___ 5. Prayer should be a part of our daily life.
- ___ 6. Jesus rarely prayed; he preferred to focus on miracles.
- ___ 7. There are four main types of prayer.
- ___ 8. The prayer of a righteous man is powerful and effective.

Activity 2: Match the type of prayer with its description.

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| ___ 1. Adoration | A. Prayers that thank God |
| ___ 2. Contrition | B. Prayers that express our sorrow for our sins |
| ___ 3. Thanksgiving | C. Prayers that make requests |
| ___ 4. Supplication | D. Prayers that give praise to God |

Activity 3: Match each style of prayer with its description.

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| ___ 1. Formal Prayer | A. Sitting before the Eucharist |
| ___ 2. Meditation | B. Dedication of our daily tasks |
| ___ 3. Silence | C. Reading from the Bible |
| ___ 4. Eucharistic Adoration | D. Quiet time |
| ___ 5. Reading Scripture | E. Reflective prayer |
| ___ 6. Lectio Divina | F. Placing yourself in Bible stories |
| ___ 7. Open Conversation | G. Standard Prayers |
| ___ 8. Breviary | H. Spiritual exercises, like the Rosary |
| ___ 9. Work | I. Book of daily prayers |
| ___ 10. Devotions | J. Talking to God from our heart |

Activity 4: Read the given Scripture quote for each portion of the Lord's Prayer for the clues needed to answer each question.

"Our Father" – Read Galatians 3:26 and 4:6

- ___ 1. Why do we call the God of the universe "Our Father"?
- A. Because Jesus told us to
 - B. Because it is how the prayer is written
 - C. Because we are all children of God
 - D. Because it is the only title that makes sense
- ___ 2. If God is our Father, who are we to each other?
- A. Aunts and uncles
 - B. Parents and children
 - C. Cousins
 - D. Brothers and Sisters

"who art in heaven" – Read Revelation 7:9-17

- ___ 3. Using Saint John's vision as a guide, how is heaven viewed?
- A. People from every nation with angels gathered around God's throne worshipping Him
 - B. People sitting on clouds playing harps
 - C. People partying all day long
 - D. People with halos dancing with joy

"hallowed be thy name" – Read John 12:27, 28

- ___ 4. If we understand this phrase not as praise but as a petition, what are we asking of God?
- A. To make our name great like His
 - B. To praise God's Name in our lives, both in word and deed
 - C. To make us better Christians
 - D. To make our speech pure

"Thy kingdom come" – Read Matthew 25:31-34

- ___ 5. When we pray this petition, what are we asking for?
- A. That we may be worthy of heaven by following Christ's teachings
 - B. That we build God a nice kingdom on earth
 - C. That we recognize ourselves as princes and princesses
 - D. That God give us all of His riches

"Thy will be done on earth as it is in heaven" – Read John 13:34

- ___ 6. What is God's will?
- A. We do whatever we want as long as no one gets hurt
 - B. We act like angels
 - C. We love one another
 - D. We guide our actions using our free will

“Give us this day our daily bread” – Read John 6:5-14, 22-27

- ___ 7. God satisfies what two types of hunger?
- A. Air and water
 - B. Food and drink
 - C. Life and love
 - D. Physical and spiritual
- ___ 8. What is the “food which endures to eternal life” that Jesus feeds us?
- A. Manna
 - B. Eucharist
 - C. Bread
 - D. Grapes
- ___ 9. This petition also implies responsibilities for Christians. What are they?
- A. To feed the poor.
 - B. To shelter the homeless
 - C. To tolerate others
 - D. To help meet the needs of others, especially the poor

“and forgive us our trespasses, as we forgive those who trespass against us” –
Read Matthew 18:23-35

- ___ 10. Who dwells within us to enable us to forgive one another as God has forgiven us?
- A. Our soul
 - B. Holy Spirit
 - C. Our conscience
 - D. Our common sense

“and lead us not into temptation” – Read 1 Corinthians 10:13

- ___ 11. How does God help us in time of temptation?
- A. God will do all the work for us
 - B. God will expect us to do it all by ourselves
 - C. God will provide a way out of each trial
 - D. God will make others help us out of difficult situations

“but deliver us from evil” – Read John 17:15

- ___ 12. In this petition, from whom do we ask to be delivered?
- A. Satan
 - B. Ourselves
 - C. Terrorists
 - D. Sinners
- ___ 13. The “Lord’s Prayer” is called:
- A. “The most perfect of prayers” (*St. Thomas Aquinas*)
 - B. “the sum of all the prayers in Scripture” (*St. Augustine*)
 - C. “the summary of the whole gospel” (*Tertullian*)
 - D. The “Our Father”
 - E. All of the Above

- ___ 14. "Amen" means:
- A. The end
 - B. Thank you
 - C. I believe
 - D. So God says
 - E. All of the Above

Activity 5: True (T) or False (F).

- ___ 1. Like the Ten Commandments, the Lord's Prayer is divided into two parts.
- ___ 2. There are ten petitions in the Lord's Prayer.
- ___ 3. The first four petitions are identified by the word "thy."
- ___ 4. The final four petitions are a summary of what God wants from us.
- ___ 5. The final petitions are identified by the word "us."
- ___ 6. By saying the word "Amen," we are stating that we believe everything that we said.
- ___ 7. The Hail Mary prayer has two Scripture verses from Luke's Gospel.
- ___ 8. In the Hail Mary, we see Mary's equality with God.
- ___ 9. Mary is a powerful intercessor for us since she is the Mother of God.
- ___ 10. Mary got Jesus to perform his first miracle.

Activity 6: Reflection Questions.

1. Which petition of the Lord's Prayer do you find most challenging and why?

2. If you could only live out one part of the Our Father, which part would it be and why?

3. Which phrase in the Hail Mary do you find most comforting and why?

Activity 7: Put the Mysteries of the Rosary in the correct order.

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| 1. ____ | A. The Glorious Mysteries |
| 2. ____ | B. The Luminous Mysteries |
| 3. ____ | C. The Joyful Mysteries |
| 4. ____ | D. The Sorrowful Mysteries |

Activity 8: Put the Glorious Mysteries in the correct order.

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| 1. ____ | A. The Assumption of Mary |
| 2. ____ | B. The Ascension of the Lord |
| 3. ____ | C. The Resurrection of Christ |
| 4. ____ | D. The Coronation of Mary |
| 5. ____ | E. The Descent of the Holy Spirit |

Activity 9: Put the Luminous Mysteries in the correct order.

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| 1. ____ | A. The Transfiguration of the Lord |
| 2. ____ | B. The Baptism of the Lord |
| 3. ____ | C. Institution of the Eucharist |
| 4. ____ | D. The Changing of Water into Wine |
| 5. ____ | E. The Proclamation of the Kingdom |

Activity 10: Put the Joyful Mysteries in the correct order.

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| 1. ____ | A. The Annunciation |
| 2. ____ | B. The Nativity of Jesus Christ |
| 3. ____ | C. The Visitation of Mary to Elizabeth |
| 4. ____ | D. The Finding of the Lord |
| 5. ____ | E. The Presentation of the Lord |

Activity 11: Put the Sorrowful Mysteries in the correct order.

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| 1. ____ | A. The Scourging at the Pillar |
| 2. ____ | B. The Carrying of the Cross |
| 3. ____ | C. The Agony in the Garden |
| 4. ____ | D. The Crucifixion of the Lord |
| 5. ____ | E. The Crowning of the Lord with Thorns |

Activity 12: Match the Descriptions with the Appropriate Mystery.

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| ____ 1. The Annunciation | A. After her life on earth, Mary is brought up into heaven by Jesus |
| ____ 2. The Visitation | B. Jesus is tied to a pole and beaten with whips |
| ____ 3. The Nativity | C. The angel Gabriel appears to tell Mary that she is to be the Mother of God |
| ____ 4. The Presentation | D. Jesus crowns Mary as Queen of Heaven and Earth |
| ____ 5. The Finding in the Temple | E. Jesus prays and suffers the night before he dies |
| ____ 6. The Agony in the Garden | F. This event is known as Pentecost |
| ____ 7. The Scourging at the Pillar | G. Jesus rises from the dead |
| ____ 8. The Crowning with Thorns | H. Jesus is born in Bethlehem |
| ____ 9. The Carrying of the Cross | I. Jesus is nailed to a cross and dies |
| ____ 10. The Crucifixion | J. Mary presents Jesus in the Temple |
| ____ 11. The Resurrection | K. Jesus goes up into heaven to be with the Father |
| ____ 12. The Ascension | L. Jesus is made to carry his cross |
| ____ 13. The Descent of the Spirit | M. Mary goes to see her cousin Elizabeth |
| ____ 14. The Assumption | N. Mary and Joseph find Jesus in the Temple with the elders |
| ____ 15. The Coronation | O. A crown of thorns is placed on Jesus' head |

Activity 13: Put the Stations of the Cross in their correct order.

- ___ Veronica wipes the face of Jesus
- ___ Jesus is stripped of his garments
- ___ The Virgin Mary meets Jesus
- ___ Jesus dies on the cross
- ___ Jesus is laid in the tomb
- ___ Jesus takes up his cross
- ___ Jesus meets the women of Jerusalem
- ___ Jesus falls for the second time
- ___ Jesus falls for the first time
- ___ Jesus falls for the third time
- ___ Jesus is taken down from the cross
- ___ Jesus is condemned to death
- ___ Jesus is crucified
- ___ Simon helps Jesus carry the cross

Activity 14: Put an "S" next to items that are "Sacramentals" and "NS" next to items that are "Not Sacramentals."

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| ___ 1. Baptism | ___ 9. Blessings |
| ___ 2. Bibles | ___ 10. Reconciliation |
| ___ 3. Crucifix | ___ 11. Ashes |
| ___ 4. Prayers | ___ 12. Palms |
| ___ 5. Eucharist | ___ 13. Matrimony |
| ___ 6. Candles | ___ 14. Holy Water |
| ___ 7. Religious Education Books | ___ 15. Holy Orders |
| ___ 8. Confirmation | |

Activity 15: True (T) or False (F).

- ___ 1. Sacramentals are sacred signs instituted by the Church.
- ___ 2. Sacramentals prepare us to receive the fruits of the sacraments.
- ___ 3. The word "Sacramental" means "Sacred Sacrament."
- ___ 4. Sacramentals replace the sacraments.
- ___ 5. Holy Actions and Holy Objects are two types of sacramental.
- ___ 6. There is only one way to pray.
- ___ 7. When it comes to prayer: practice makes perfect.
- ___ 8. Mother Teresa of Calcutta said, "Prayer is putting yourself in the hands of God."
- ___ 9. The Hail Mary prayer is the ultimate form of prayer.
- ___ 10. Prayer is to the spiritual life, what air is to the physical life.