

CONFIRMATION YEAR 1

ASSIGNMENT #22

Date Assigned: May 15, 2021 & Date Due: May 22, 2021

Philippians 4:6-7

"Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus."

Hi students and families,

Referring to last week's assignment, we thought it would be very important for this week's lesson to focus on the power of prayer. Prayer is a connection that we have with God and we dedicate that time to be at one with Him. We use prayer as a way of being present and being open minded of all that is around us. We feel that it's important to address how there's different ways of praying which include blessing and adoration, petition, intercession, thanksgiving, and praise. So let's break down each of the ways of prayer and its meaning through prayer.

Blessing and Adoration

Praying is also a way of our time to worship to believing in Jesus who we adore through word, song and in silence such as we do during Mass at Church. Adoration offers thanks to God for his significant role in our life. A blessing asks a favor to God for his protection and guidance which can also make us feel thankful for all

that he has given us or it could ask God to grant other requests as well. Here is a song that praises our blessings and adoration.

10,000 Reasons (Bless the Lord o my soul) - Matt Redman (with Lyrics) <https://youtu.be/vSxocnIaN0A>

Petition or Contrition

The meaning of this way of praying is when we feel at fault or sorry for things at that moment in our life. We also can feel like we failed at something during a situation or also your relationship with God. The type of prayer is very powerful in ways that are only between you and your connection with God as it's very heartfelt and sincere. We come to acknowledge our wrongs which takes a lot of courage to face; therefore, forgiveness is a very special prayer that speaks out to Jesus. This way of praying gives a sense of relief to be at one with God and as well be at peace from what we're feeling at those lowest times in our lives.

As it says in **Acts 10: 43-** *“To him all the prophets bear witness, that everyone who believes in him will receive forgiveness of sins through his name.”*

Praying the Our Father is also a petition prayer that requests for people who believe will receive forgiveness of sins and for Him to watch over throughout our daily needs.

Our Father,

Who art in heaven, hallowed be Thy name;

Thy kingdom come; Thy will be done on earth as it is in heaven.

*Give us this day **our** daily bread; and forgive us **our** trespasses as we forgive those who trespass against us; and lead us not into temptation,*

but deliver us from evil. Amen.

Intercession

Intercession is another form of asking and trusting in the goodness of the Lord. This is not the type of prayer where we ask God exactly what we want or wish to have in life as this is not a Christmas list. As we spoke on last week's assignment for God's love that he has for us, during prayer it can also be an opportunity to go to him and petition in prayer for requests in times where we need his light. This is done with humility for that goes with trusting and knowing to leave it all up to God. Only he knows what is best and his plan that lies ahead of us.

Intercession prayers are what we do during Mass as it sounds like "for (intention), let us pray to the Lord; Lord, hear our prayer." Here are also other ways for you to extend this type of prayer: keep a list of prayer intentions such as family, friends, community, Church, the sick, the poor, the lonely, political leaders, people who are affected during this hardship times in our world, those who are in difficult situations.

Thanksgiving

Giving thanks to God is very important in whatever prayer it may be. His constant care and love for us is deeply special to where it sometimes can be really hard to express our thankfulness and gratitude for everything He has done in our lives because we may feel like "thank you" is just not enough. There's times where we may also feel like we don't thank God at all for watching over us and the blessings he has bestowed in our lives. It's a significant part in our prayers that we must give thanks from the recognition that everything is an absolute gift from God.

Another form of a thanksgiving prayer is also keeping a gratitude journal. You can write three things that you are grateful for each day and it's great to reflect back on those days as well!

Lord,
Let me wake up every morning
and be thankful for the wonderful
life that you have given me.
Help me to see the good in things.
Help me to be happy with who I am
and the life I am living. Lead me
down the path you have set for me.
Guide me in the way that
I get to show the world my gifts.
I put all in your hands Jesus,
use me as your vessel.
I thank you for my health,
love, abilities, family, friends,
and most of all this life.
I will do great things in your name.

Amen.

Source: catholicprayercards.org

Praise

Giving praise to God is an excellent remedy of being in awe of his works and love for us. It's a movement in our hearts of joyfulness that reminds us that God is always worthy of our praise. It embraces our strong faith for Him and the glory of how truly good God is. As it states in **Isaiah 25:1- "O LORD, you are my God, I extol you, I praise your name; For you have carried out your wonderful plans of old, faithful and true."** Singing songs of praise is another form of this type of prayer.

Tasks for this Assignment:

Please answer the following questions as detailed as possible after reading this assignment!

- What does prayer mean to you?
- How has prayer helped you in several ways throughout your life?
- Why do we pray to God?
- How do you feel when you pray?
- What was something you learned and will take away from this assignment about prayer?

✓ Make sure to do your best with spelling, punctuation and capitalization.

✓ Finally, email your document in a word document, pdf. or jpg format by May 22, 2021 at 9AM!

→Email the Assignment to:

rfststephencn1@yahoo.com

→In the Subject Line of the Email include the following:

First Name and Last Name, Assignment #22, and

Confirmation Year 1

Thank You! -Marla, Jenna & Confirmation 1 Team