

# LIVE IT Sunday for family

## Third Sunday of Lent

### **Breaking Open the Word** ([Exodus 20:1-17](#))

Read from the Children's Bible on page 132 -133

### **Step One: Listen to the Word**

What in this reading touches you? What line or word in this reading caught your ear?

### **Step Two: Look into Your Life**

**Question for Children:** Share one way in which you "honor your father and mother."

**Question for Youth:** Jesus was angry – as we all get at times. When is your anger a good thing? When is it not?

**Question for Adults:** As you hear the Commandments proclaimed today, which one of them really strikes you?

**Pray of the week:** Let us pray in thanksgiving for the Commandments of God, and for the grace to allow them to guide our own lives.

~Lifelong Catechesis~  
*Forming Catholic Identity across Generations*

# Practicing Prayer

*Guide for Parents  
& Catechists*



WEEK 3

## Family Guide

This third week focus is on the meaning of prayer and the practicing prayer.

**Step one:** Start with the **Live It Sunday** for Family on page 4

**Step Two:** How to pray? *Prayer might be praying the rosary or the Stations of the Cross, or it might be quiet meditation, or it might be focusing on one word from a Scripture reading. But it might also be appreciating a work of art, watching a sunrise, feeding wild birds in winter, etc. Prayer is when we need to go into a quiet place*

**Step Three:** Talking Points

- ◆ Define Prayer. Prayer is intentionally placing yourself with God. You don't have to talk, you don't have to listen, you don't even have to like it. You just have to be mindful of God.
- ◆ Talk about way to pray...
  - ◆ Talk to God.
  - ◆ Pray the traditional Catholic Prayers (see prayer card)
  - ◆ Pray the stations of the Cross
  - ◆ Pray daily. Try to start every morning with a prayer. Pray before you fall asleep.
  - ◆ Pray the rosary or divine mercy
  - ◆ Pray with Scripture (Lectio Divina)

**Step four: Activity for ...**

**Student**—use the **Purple Book** and do a page a day.

**Family**— What prayer could our family do this week? what will we pray for?

---

---

---

*Use the Pray Every Day card to help your family pray together and try to pray the Stations of the cross on a Friday together. Pray with the community at Mass on Sunday.*

## Catechist Guide

This third week focus is on the meaning of prayer and the practicing prayer.

### Tuesday Preparation

Send reminder & Zoom link to families  
Pray & prepare the lesson of the week

### Wednesday's Night class

- ◆ Check-in
- ◆ Using the **Live It Sunday for Family** on page 4 for Opening Prayer.
- ◆ Review the theme of the week...
  - ◆ Meaning of prayer & Why we need to pray?
  - ◆ Activity from Purple Book and family commitment to prayer for this week?
- ◆ Remind students to practice Prayer this week and pray more fervently

### My Lenten Pledge

This week, I will Pray \_\_\_\_\_

I will fast from \_\_\_\_\_

I will give more (time) to \_\_\_\_\_

**Closing Prayer:** *Use the stations of the Cross (use 3 stations at each class)*