

# Prayer



**Standard #15 Catholic Tradition of Prayer**  
Know and participate in the Catholic tradition of prayer.

## Performance Indicators

- ~Identify psalms as prayers that Jesus liked to pray.
- ~Affirm that worship belongs to God alone.
- ~Recognize the Eucharistic Liturgy as the community's central act of worship.
- ~Recognize Scriptural prayer.
- ~Analyze the deepening awareness of the covenant relationship with God that prayer provides.

**Assessment :** How will you know that the young people learned or are able to perform the indicators?

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**Where in your catechetical materials did you find the performance indicators?**

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### Some Sample Activities



Have the group participate in a prayer service in which they can use intercessory prayer and prayer for forgiveness, etc. to deepen their awareness of their relationship with God.



Ask the young people to read selected psalms and describe their favorite one.



Help the young people use Scripture and a journal to pray.



Offer opportunities to pray the Rosary, have spontaneous prayer, and try scriptural meditation and/or guided meditation.



Help the young people experience contemplative prayer in short sessions and discuss how this prayer form helps to deepen their relationship with God.

**Other activities I found useful...**