

Week 1 - Moving Your Heart In Prayer

Sunday: Watch Father Armando's video. Write down three reflections from the video that will help you in your prayer time this week.

Monday: One of the first things someone should do when striving to move their heart in prayer is to acknowledge and limit distractions. Set aside at least 10 minutes every day for silent prayer. Wake up a little earlier if you can. **Make a specific place for prayer.** A small table with a candle and a crucifix / image of our Lord is a great start. This is your private place for conversation with God. This is essential as you progress in the coming meditations.

Tuesday: How do you pray from the heart instead of simply "thinking" your way through prayer? When you begin your prayer time today, **realize you are in the presence of the living God.** Distractions may come, but when they do return yourself to God's presence. *"The peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus"* (Philippians 4:7). Remember, God speaks in the heart, in a still small voice, open yourself to this during your prayer time today.

Wednesday: Growing in your ability to move the heart in prayer is not easy. We are accustomed to the loud and hectic world around us. When we begin by putting ourselves in the presence of God we come "face to face" with ourselves. Which can be a bit off-putting to begin with. Don't worry, this is the process of growing in humility. **Today, reflect on Luke 11:1-13. The disciples ask Jesus to teach them how to pray.** Remember in your prayer time that prayer is a gift from God. It is a skill He wishes to teach us. He is talking to us during this time, He does not rely on how "good" we are at prayer.

Thursday: An essential aspect of moving the heart in prayer is to learn to not rely on our emotions. Feelings can be manipulated and can draw us away from prayer. This does not mean that God does not give us consolations in prayer. But "praying from the heart" means activating our will to prayers regardless of our emotions. **Today, in your prayer time, move yourself to be "other centered."** Place your focus on God alone. Adore Him and praise Him as your Creator and Father. Don't worry about what words to say, or what to think. Silently move yourself to focus on Him above all else, especially yourself.

Friday: By now, you have surely made progression in your prayer life. You may not "feel" like you have, but you are laying the foundation of what is to come. **Body position is important in prayer.** **Today, move your heart to open more to God's love.** Prayer is about receiving *and* giving. Demonstrate your openness to God in some way. Perhaps pray in the *orans* position (with your hands open), ready to receive God. Our bodies help dispose your mind.

Saturday: Today in your prayer, dialogue with the Blessed Mother. She opened herself completely to God in prayer and received His life in the most powerful way into her very being. Today reflect on Luke 1:26-28 (The Angel Gabriel calling Mary "full of grace"). Reflect in your prayer on God's call to you to become "full of grace" through this process.

**See reverse side for activities for parents to help their children in prayer.*

Gift of Prayer Guided Meditations for Children

(Week 1 – Moving your Heart in Prayer)

Sunday – Create a prayer shoebox to use for the next few weeks. Cover it with your favorite colored paper. Cut a cross out of the top. This is where you will drop your prayers into the box. Cut a bunch of paper hearts to write your prayers onto. Drop one paper heart into your prayer box.

Monday – While Mom and Dad have their special time for prayer, watch an episode from *The Jesus Stories* on **FORMED.ORG** (Under kids) 12

Tuesday- Write a prayer on a heart and put it in your box today!

Wednesday – Watch “Holy Father, Teach us to Pray! The Pope Francis Minute, on YouTube: <https://youtu.be/7Fqg-kkHeek>

Thursday – Put a prayer heart in your box today! Watch *Let’s Pray! A Lesson on Prayer* from the *Brother Francis* videos on **FORMED.ORG** (Under kids) 12

Ask a parent to make these prayer cards with you today! That way, whenever its prayer time, you can use these! FREE printable prayer prompt cards on Pinterest: <https://www.pinterest.com/pin/296604325430445282/>

Friday – Children, ask your parents to teach and pray the “Glory Be” prayer with you today.

Saturday – Put a prayer heart in your box today! Children, ask your parents to teach and pray the “Hail Mary” prayer with you today. Watch this video on “The Story of Saint Mary on YouTube: <https://youtu.be/6kMUAaE-wJU>