

Hello 7th & 8th Graders!

As part of Confirmation preparation you are asked to complete a total of 3 prayer experiences during your 7th/8th grade years. After each prayer experience please complete the reflection sheet. Prayer is our relationship with God. In the same way that you become better friends with someone by spending time with them, talking to them, and sharing your joys and struggles, we grow closer to God when we spend time with Him in prayer. There are six prayer experiences that you can try; Eucharistic Adoration, the rosary, the divine mercy chaplet, lectio divina, praying the Stations of the Cross or the Ignatian Examen. In order to help you have the best possible prayer experience, listed below are short explanations for each, steps on how to pray that prayer, and a few YouTube links to help you with that prayer.

Please reach out if you have any questions,

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## **Eucharistic Adoration**

Catholics believe that during the Mass, the priest speaks the words of the consecration and through transubstantiation, the bread and wine which we offer as the sacrifice to our Lord truly become the Body, Blood, Soul, and Divinity of Jesus. The Eucharist is Christ! In Eucharistic Adoration, we spend quiet time adoring Christ.

The Eucharist will be in a gold container, called a monstrance. When going into and out of the pew at Adoration, you genuflect on both knees (kneel) and make the sign of the cross. Adoration is a time to just sit in the presence of God. You can recite favorite prayers, read your Bible, just sit silently, or talk to God about what's on your heart.

\*Local Adoration times, updated September 24. Please confirm times via specific parish websites:

- Our Lady of Consolation – Thursday – 6pm - 7 pm & one Friday evening per month (see bulletin for dates).
- St. John the Evangelist, St. John – Adoration Chapel near the old church, 6am-10pm.
- Carmelite Shrine, Munster, – Thursday – 8:30 am - 7:00 pm
- St. Michael the Archangel, Schererville – Wednesday – 1:00pm - 4:00 pm
- St. James the Less, Highland – Monday – 6:30pm - 7:30 pm

- Our Lady of Czestochowa shrine, Merrillville – Mon. – Sat. – 7:30 am – 6:30 pm  
\*Students do not need to attend the entire hour. 15-25 minutes is suggested for the first time.
- St. Elizabeth Seton, Valparaiso-First Friday from 6:30pm-7:30pm
- St. Mathias, Crown Point-First Thursdays from 6pm-6am and First Saturday at 11:30am.

## Rosary

The rosary is prayer given to us by Mary herself. Mary's main goal is to lead us to her son, Jesus. In the rosary we ask Mary to pray for us and our intentions. There are five decades. On the small beads we pray Hail Marys, and on the large beads there are a few prayers including reflecting on an event in Jesus' life (which we call a mystery). The rosary takes about twenty minutes to pray. To pray the rosary along with a YouTube video, type "Catholic Crusade YouTube video" and choose the rosary depending on the day; Joyful mysteries are prayed on Mondays & Saturdays; Sorrowful mysteries are prayed on Tuesdays & Fridays; Glorious mysteries are prayed on Wednesdays & Sundays; Luminous mysteries are prayed on Thursdays.



To learn the prayers or read a step by step guide on how to pray it scan this QR code:

## Divine Mercy Chaplet

Jesus appeared to St. Faustina, a Polish nun, in the early-mid 1900's. He appeared many times, and spoke to her. She recorded His words in her diary. He specifically gave her a prayer called the Divine Mercy Chaplet. We use the rosary to pray this prayer, and it takes about 10 minutes. On the small beads we say, "For the sake of His sorrowful passion, have mercy on us and the whole world." In other words, God, because Jesus died for our sins, please have mercy on us. This is a very powerful prayer, that Jesus asks us to pray specifically for those on their deathbed and for the souls in purgatory. He told St. Faustina that God's mercy is endless, but we don't trust in it. All we have to do is ask for His mercy and trust. You can download the app "DivineMercy" by Marians of the Immaculate Conception. The app includes passages from St. Faustina's Diary, and will guide you in the prayer.

## Lectio Divina

Lectio Divina (Latin for Divine reading) helps the reader reflect on the Living Word of God (scripture). You can choose any reading to reflect on, but a great place to start is to look up the readings for Sunday Mass, and pray lectio divina with the Gospel. To look up the Mass reading, go to [www.usccb.org](http://www.usccb.org), click "daily readings" at the top of the page, then click Sunday's date. You may choose to use the reading as it is on the screen or look it up on your Bible.

1. Pray, "Come Holy Spirit. Then read the passage slowly so that it sinks in. After reading it think about that word or phrase stands out to you.
2. Read the passage a second time. Then think on the word or phrase that caught your heart. Reflect on why that word or phrase might stand out to you.
3. Read the passage a third time then think about what God is specifically trying to tell you in this passage. For example if the passage is "love your neighbor as yourself," God may be inspiring you to think about who in your life can you treat with more respect and kindness.
4. Read the passage a fourth time and rest in God's presence, allowing his message to you to sink in. What is he calling you to do? Going back to the example of "love your neighbor as yourself," Perhaps God wants you to think of someone specifically that you can show more kindness to. Think about what specific ways you can be kinder to that person. If needed call on the Holy Spirit again to help you.

## Praying the Stations of the Cross

There are fourteen stations of the cross that help us reflect on Jesus' suffering and death. Meditating on the events in Jesus' life from the time he was condemned to death to the time He was laid in the tomb, help us to better appreciate how much He loves us-that He would suffer that greatly so that our sins could be forgiven.

Pray the Stations on YouTube here:



Pray the Stations at your own pace with this website:



## Ignatian Examen

This Examen, helps you reflect on your day; thinking about all that you have been blessed with, all the ways you can do better tomorrow, and recognizing God's presence. This prayer takes 10-15 minutes.

1. Pray, "Come Holy Spirit. Help me to be aware of God's presence as I reflect on my day.
2. Think about your day from the very beginning. As you go through your actions today, where was God present? Was it in someone that was patient or kind? Did you recognize God in nature? Was it in a prayer or song? Were you filled with hope, joy, peace or comfort (if yes-that is God!).
3. Now think about your day again from beginning to end. Where did you fall short? Were you mean or rude to anyone? Did you ignore anyone today or focus more on your phone than the people around you? Did you sin? Ask God to help you to do better tomorrow.
4. Think about tomorrow. What are you worried about? Excited about? Is there anything you are dreading? Pray about all of it. Ask God to fill you with His peace, hope joy, healing, comfort, courage, patience, gentleness, etc. Ask Him to help you practice self-control, to be slow to anger, to love better, or anything else you want to ask for help with.
5. Make the Sign of the Cross.