

Theo 101, Session #14: The Prayer Life of the Church (ANSWER KEY)

The University of St. Francis

Of the twenty forms of prayer cited below, please state whether the prayer is a liturgical prayer of the Church or a private devotion within the Church. After you have done so, write down two styles of private prayer with which you are comfortable and explain why to the group. As a group, compile a list of the two most frequent prayer styles used by the group. Be prepared to share these results with the large group.

Type of Prayer	Liturgical Prayer	Private Devotion
<i>Example: The Rosary</i>		✗
Adoration of the Blessed Sacrament		✗
Anointing of the Sick	✗	
The Sacrament of Baptism	✗	
Benediction of the Blessed Sacrament	✗	
The Sacrament of Confirmation	✗	
The Sacrament of Holy Orders	✗	
Litany of the Sacred Heart of Jesus		✗
The Sacrament of Marriage	✗	
Novenas to Mary or a Particular Saint		✗
The Sacrament of	✗	
Prayer Before/ After Meals		✗
Prayer for a "St. Joseph's Table"		✗
Prayer of St. Francis		✗
Type of Prayer	Liturgical Prayer	Private Devotion

Prayer to Our Lady of Lourdes		X
The Liturgy of the Hours	X	
The Sacrament of the Holy Eucharist	X	
The Rite of Christian Funerals	X	
The Rite of Communion Outside of Mass	X	
The Stations of the Cross		X

True or False

1. True The Stations of the Cross are understood as a private devotion (as opposed to liturgical prayer).
2. False All the Stations of the Cross can be found in the bible.
3. True Liturgical Prayer helps the faithful “work together as a community.”
4. True According to the Second Vatican Council’s Dogmatic Constitution *Lumen Gentium*, the word “Church” (as in “One, Holy, Catholic, Apostolic Church”) refers to the people of God who come together as one body.
5. True “The bride of Christ” appropriately can be used as a metaphor for the word “Church.”
6. True The mission of the Holy Spirit in the liturgy of the Church is to prepare the assembly to encounter Christ.
7. False Keeping holy the Sabbath day (the Third Commandment) does NOT include attending Sunday liturgical services.

8. False Easter Sunday is the first day of the liturgical year.
9. True The celebration of Easter is connected to the full moon.
10. True There are many prayers and postures that are used during liturgical prayer.
11. True In addition to prayer postures, liturgical prayer includes prayer gestures, such as veneration, striking one's breast or bowing.
12. False Prostration IS NOT valid during liturgical prayer.
13. True The reason we stand during the beginning and end of Mass is because through the celebrant, Christ is leading the faithful in and out of the church.
14. False We kneel during the homily at Mass to show adoration to God.
15. True Gestures used during liturgical prayer including striking one's breast while praying the "Confiteor" at the Penitential Rite and bowing or genuflecting before receiving communion.
16. False Basic prayers of the Church (like the Our Father and Hail Mary) are NOT based on scripture.
17. True If you pray the rosary, you are praying the Our Father, the Hail Mary and the Glory Be.
18. True The traditional rosary offers twenty "mysteries" that focus on the lives of Jesus and his mother.

19. True There are four sets of mysteries that traditionally are prayed in a rosary: the Joyful, the Luminous, the Sorrowful and the Glorious Mysteries.
20. True In Common Prayers video, it is suggested that a good way to learn the basic prayers of the Church is through repetition and by saying prayers with a prayer listener.
23. True Every time we pray the “Our Father,” we not only promise God that we will live like God does in heaven but that we invite God to forgive us like we forgive others.
24. True The early Church prayed the “Glory Be” to stress the importance of the Trinity.
25. True In Lk 1, the angel Gabriel tells the Blessed Mother that she will become the Mother of God.

Multiple Choice

1. What is prayer?
- a. Raising one’s heart to God
 - b. Allowing God to know the depths of our hearts
 - d. A covenant relationship between a person and God
 - d. All of These**
2. What is the official prayer of the Catholic Church?
- a. The ‘Our Father’
 - b. The Mass
 - c. The Liturgy of the Hours**
 - d. The Rosary

3. What prayer is the source and summit of our Faith?
- a. *The Mass***
 - b. The morning offering
 - c. The Consecration to the Holy Spirit
 - d. The daily examination of conscience
4. In what book of the Bible is a personal prayer relationship with God first actually revealed to us?
- a. *Genesis***
 - b. Exodus
 - c. Jeremiah
 - d. Job
5. What book of the Old Testament could be called the masterwork of prayer?
- a. Wisdom
 - b. Song of Songs
 - c. Proverbs
 - d. *Psalms***
6. Where in the New Testament can we find the perfect model of prayer, according to Catholic teaching?
- a. Mary's Magnificent at the Annunciation
 - b. *The prayer Jesus taught, the "Our Father"***
 - c. The "Gloria in Excelsis Deo" sung by the angels at the birth of Jesus
 - d. Zechariah's Canticle in the Gospel of Luke
7. What virtue is the foundation of prayer?
- a. *Humility***
 - b. Faith
 - c. Trust
 - d. Love

8. Is it better for personal prayers to be spontaneous or formula prayers?
- a. Spontaneous
 - b. Formula prayer
 - c. A combination of both
 - d. *Pray as your heart dictates whatever form it takes***
9. What can a good Christian do to make sure that God hears our prayers?
- a. Always pray for someone else, never yourself
 - b. Pray from a sense of need, not from a sense of want
 - c. *Pray in the name of Jesus***
 - d. Always ask for something that's good for you
10. When is the prayer of thanksgiving appropriate?
- a. When we see something good even though we don't ask for it.
 - b. When we experience pain and suffering we know that's when we grow in relationship with God.
 - c. The fourth Thursday in November.
 - d. *In all circumstances.***
11. What form of prayer recognizes most immediately that God is God?
- a. Contrition
 - b. Thanksgiving
 - c. Petition
 - d. *Praise***
12. What does "Amen" mean?
- a. Thank You
 - b. *So Be It***
 - c. The End
 - d. Go forth

13. How many times during the day does The Liturgy of the Hours provide for those around the world to pray as a community?
- a. Three
 - b. Five
 - c. *Seven*
 - d. Nine
14. Meditation can help mitigate the symptoms of mental disorders like which one below?
- a. Depression
 - b. Anxiety
 - c. Anger Management Issues
 - d. *All of These*
15. Religious treatment for mental illness involves rooting the treatment in what?
- a. Christianity
 - b. *The Patient's Religion*
 - c. Both A & B
 - d. Neither A & B
16. Studies have shown that very religious people do best in treatment when their therapist does what?
- a. *Shares their religious beliefs*
 - b. Ignores their religious beliefs
 - c. Discounts their religious beliefs
 - d. Caters to their religious beliefs
17. In ancient times, one treatment for mental illness involved:
- a. Psychotherapy
 - b. *Exorcism*
 - c. All are correct
 - d. Pharmaceuticals

18. What is Meditation?
- a. A discipline for religious people.
 - b. *A technique that involves focusing on the breath.***
 - c. A discipline helpful in treating mental illness.
 - d. None of These.
19. Which of the following is not a typical sign of spiritual health?
- a. Following morals
 - b. *Donating money to charity***
 - c. Having a strong belief system
 - d. Practicing introspection
20. Which of the following could be a sign that a person's spiritual health is low?
- a. *Hopelessness***
 - b. A Clear Sense of Purpose
 - c. Consistent Meditation
 - d. Forgiveness and Compassion
21. Which of the following is not a purpose of meditation?
- a. Become mindful of the present
 - b. Think clearer
 - c. Focus the mind
 - d. *Transport the mind to another place***
22. Which of the following is not necessary to maintain spiritual health?
- a. Hope
 - b. Peace
 - c. *Organized Religion***
 - d. Purpose

23. Prayer and meditation are not typically practiced for which of the following reasons?
- a. Focusing the Mind
 - b. Communicating with a Deity
 - c. *To Publicly Display Beliefs*
 - d. Asking for Forgiveness
24. Meditation can help mitigate the symptoms of mental disorders like:
- a. Depression
 - b. Anxiety
 - c. Anger Management Issues
 - d. *All are Correct*