



**Religious Education  
Accreditation Program**

**Prayer and Spirituality**

We are a faith-filled learning community creating a better future



**Brisbane  
Catholic  
Education**

teaching • challenging • transforming

# A moment to reflect:

What does prayer look like/sound like /feel like in your class?

A large, dark blue downward-pointing arrow connects the first question to the second.

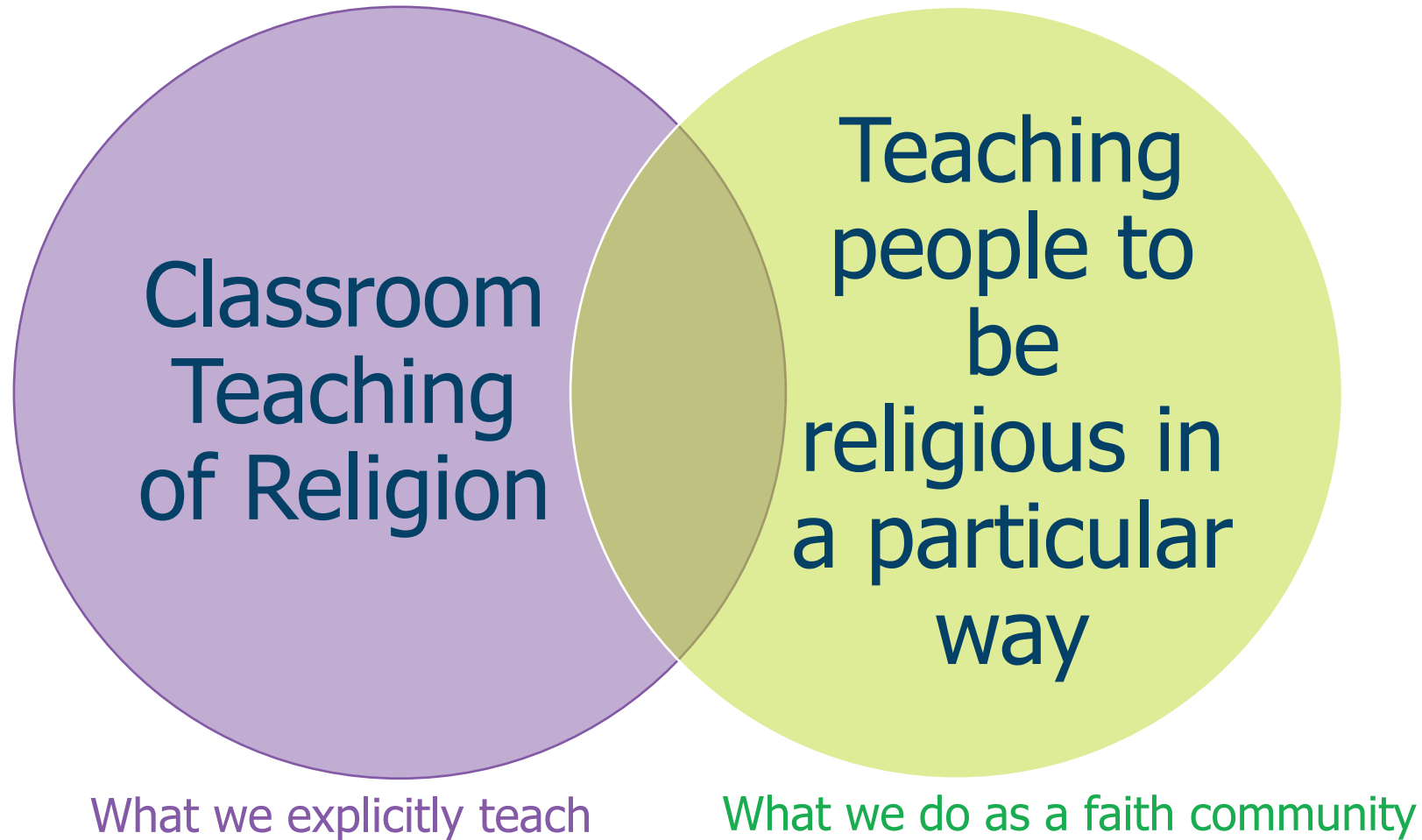
When and where do you pray with your students?

A large, dark blue downward-pointing arrow connects the second question to the third.

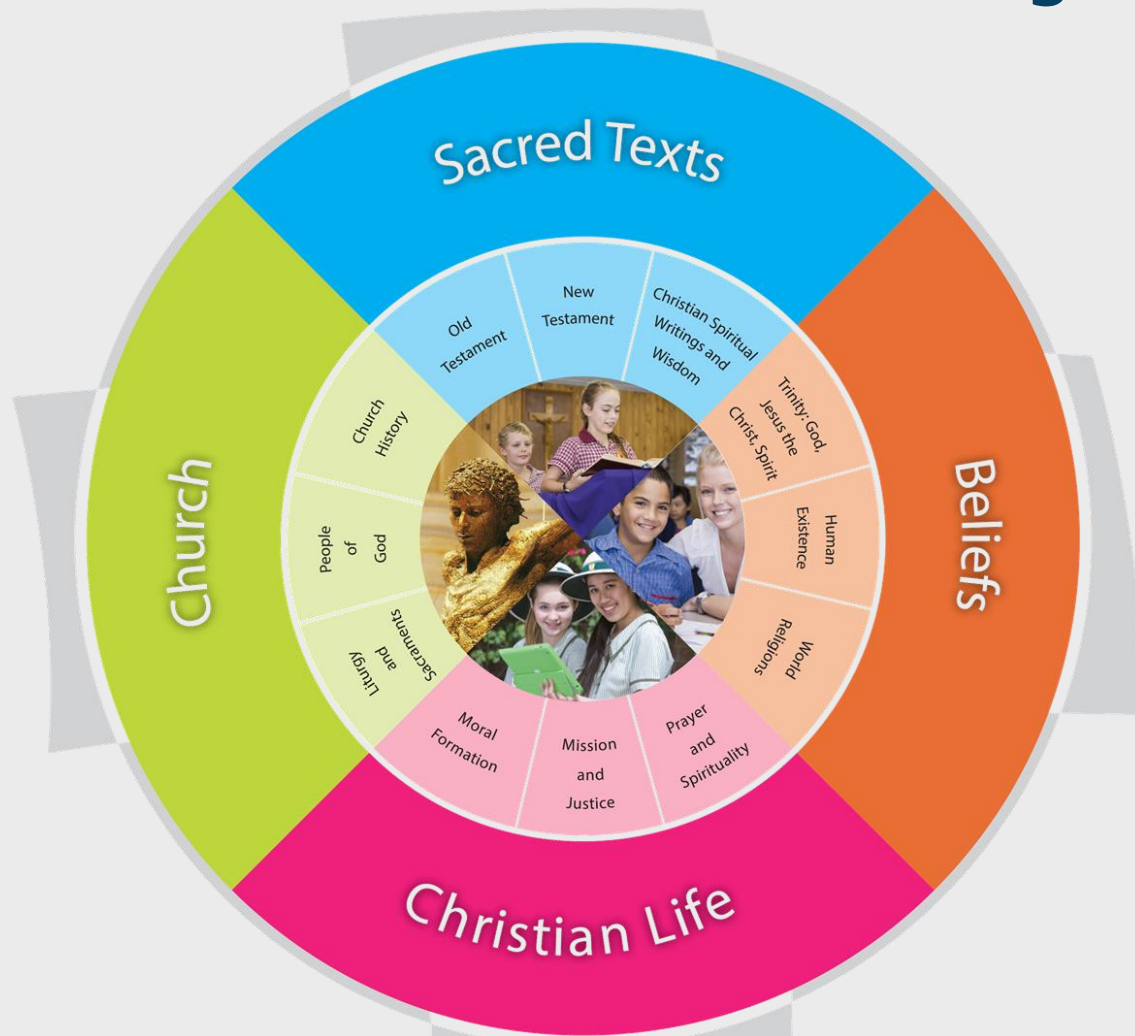
Name the challenges .....

# Where would prayer be placed in this diagram?

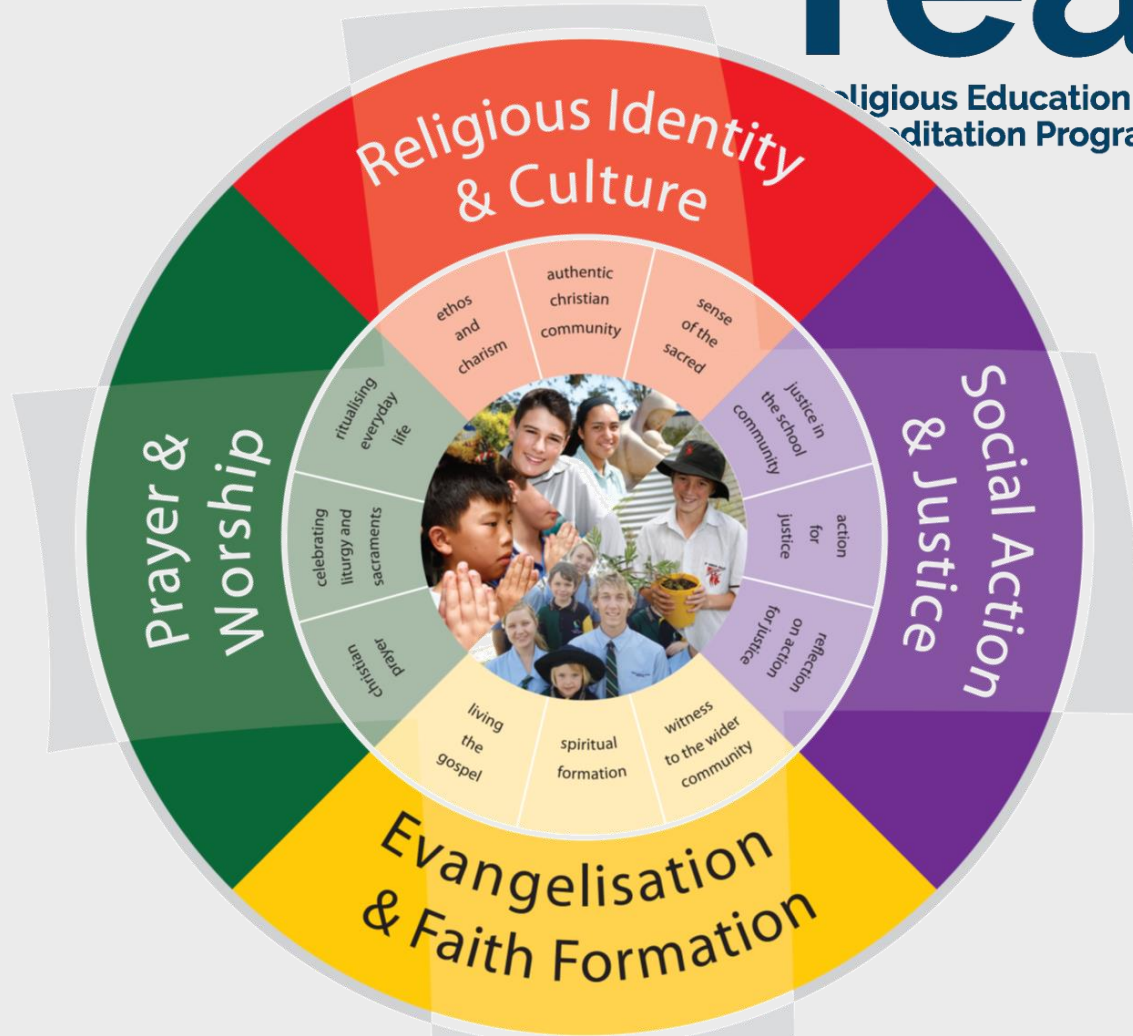
## Model of Religious Education



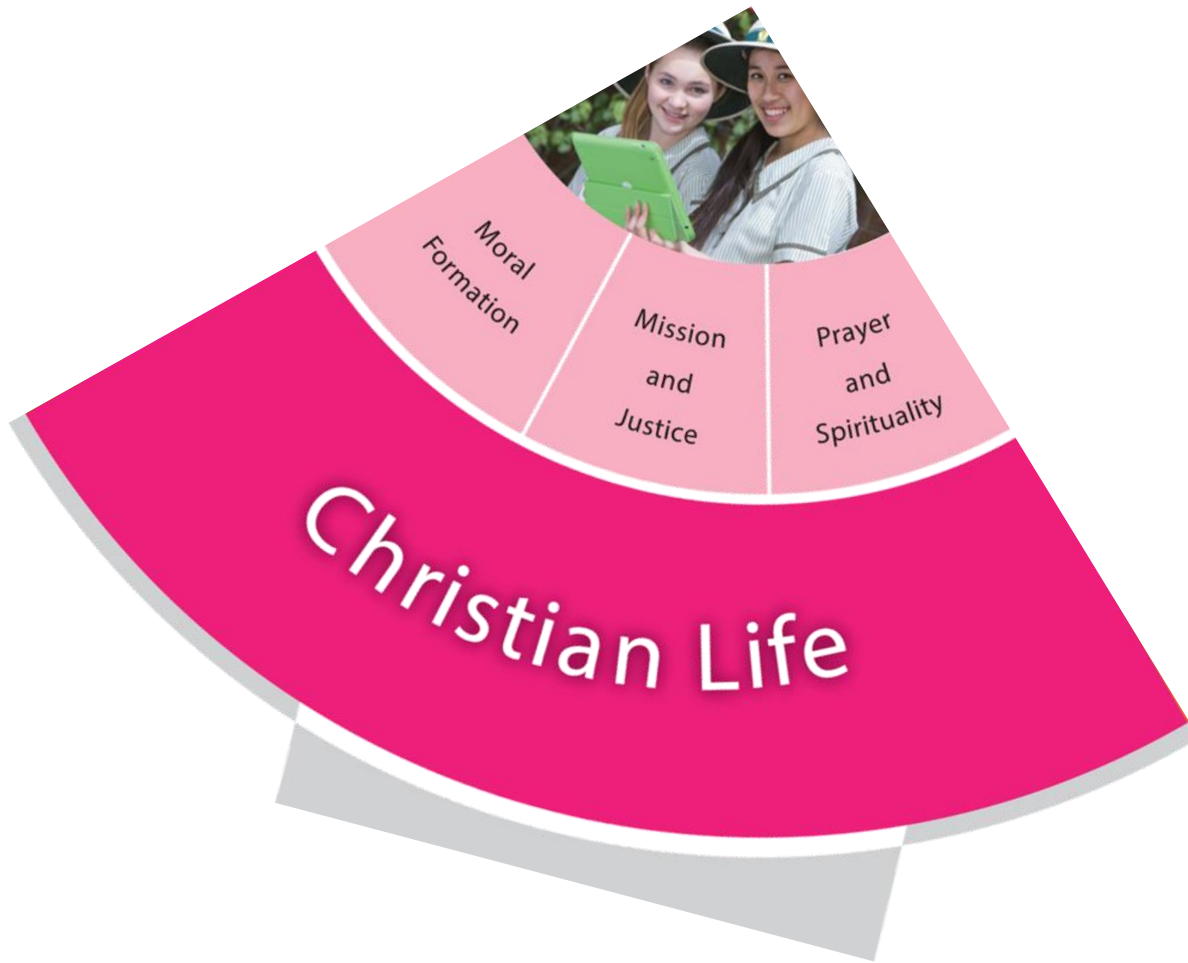
# Model of Religious Education



**Religion Curriculum P-12**



**Religious Life of the School P-12**



Religion Curriculum P-12:  
Prayer and Spirituality sub-strand  
(Christian life strand)



Religious Life of the School:  
Prayer & Worship component  
(three elements)





# What is Prayer?

**Prayer is the  
raising of  
one's mind  
and heart to  
God**

**(CCC2559)**







JAMBEROO  
ABBEY

**Sr Hilda from Jamberoo Abbey:**  
"Prayer is God in communication  
with us"



# What does Scripture say about prayer?

*In the morning long  
before dawn, Jesus got  
up and left the house  
and went off to a quiet  
place and prayed there.*  
Mark 1

*We do not even know  
how to pray but the  
Spirit prays within us.*  
Romans



# Prayer...



# ...it's about God and us.





# What is Spirituality?



# What is Spirituality?

- **Spirituality is our way of being in the world in the light of the Mystery at the core of the universe.**

(Harris, *Proclaim Jubilee: A Spirituality for the 21<sup>st</sup> Century*, 1996, p75)

- Our way of being in the world illuminates our values...brings meaning to our lives...
  - Ron Rolheiser on [spirituality and spiritualities](#)
  - What is the spirituality lived at [Jamberoo Abbey](#)?
  - How would we describe the spirituality of Jesus?

# What is spirituality?

- ***Spirituality is our way of being in the world in the light of the Mystery at the core of the universe.*** (Harris, *Proclaim*
- *Jubilee: A Spirituality for the 21<sup>st</sup> Century*, 1996, p75)
- Our way of being in the world illuminates our values...brings meaning to our lives...
- Ron Rolheiser on [spirituality and spiritualities](#)
- What is the spirituality lived at [Jamberoo Abbey](#)?
- How would we describe the spirituality of Jesus?

# What is Spirituality?

Spirituality is more about whether or not we can sleep at night than about whether or not we go to church. It is about being integrated or falling apart, about being within community or being lonely.

Ron Rolheiser



# What is Spirituality?

Spirituality is completely natural and absolutely ordinary. Everyone has a spiritual life. It finds voice in our creativity, our commitments, our loves.

May

# What is Spirituality?

The word 'spirituality' comes from a Latin word meaning 'to breathe'. Breathing is an unobtrusive action that accompanies and sustains the whole of life, waking or sleeping. Spirituality in its broadest sense is a little like that, something that guides one's manner of living through a vision of what human life is all about, whether or not a person is particularly conscious of it.

Kevin Treston, *Teaching Your Way*, pages 90-91

Spirituality is about the hunger in the human heart.

It is a commitment to immersion in God, to the seeking that has no end.

—Joan Chittister

Prayer is what we *do*.

Spirituality is what we *live*.



# Christian Life Strand

## Prayer and Spirituality



# Year 6 Prayer and Spirituality

**Brain challenge: In pairs, in 30 seconds find 5 things we explicitly teach about prayer:**

## ***CLPS 16***

### ***Religious Knowledge and Deep Understanding***

In response to the request of his followers “Lord, teach us to pray as you do”, Jesus gave them the Our Father or the Lord’s Prayer (Luke 11.2-4; Matthew 6.9-13). The origins of The Lord’s Prayer are deeply rooted in the Jewish tradition. The Our Father is a central prayer in Christianity and an integral part of Catholic liturgy. Seven petitions are identified in The Lord’s Prayer: The first three petitions praise God. The remaining four petitions present to God the needs of believers.

### ***Skills***

- Compare different texts of The Lord’s Prayer, including Scriptural references and traditional Christian versions.
- Identify the use of The Lord’s Prayer in Catholic liturgy (e.g. Communion Rite; Baptism; The Anointing of the Sick).
- Investigate the origins of The Lord’s Prayer (e.g. in Old Testament texts; Jewish prayer and ritual).
- Make connections between students’ own experiences and the seven petitions of The Lord’s Prayer.

## **CLPS 17**

### ***Religious Knowledge and Deep Understanding***

Meditative prayer uses silence and stillness to assist believers to listen and talk to God. There is a range of practices for preparing the body and the mind for Meditative Prayer (e.g. relaxing the body, centred breathing, attending to posture, being silent and still, recitation of mantras, closing eyes).

A range of spiritual exercises drawn from the Christian tradition helps believers engage in the 'work of meditation' (e.g. guided meditation; praying with the help of: icons, beads, labyrinths, images, music, mandalas, mantras, journaling, colour, chimes / bells / rain sticks, candles, symbols, sacred spaces, patterns, rhythms and movement).

Praying ***The Examen*** is a meditative prayer practice in the Christian tradition.

### ***Skills***

- Participate respectfully in meditative prayer, including *The Examen* (guided prayerful reflection at the end of the day).
- Identify and use practices and spiritual exercises that assist them to prepare for and engage in meditative prayer, including reflective prayer journaling and praying with icons of the Saints

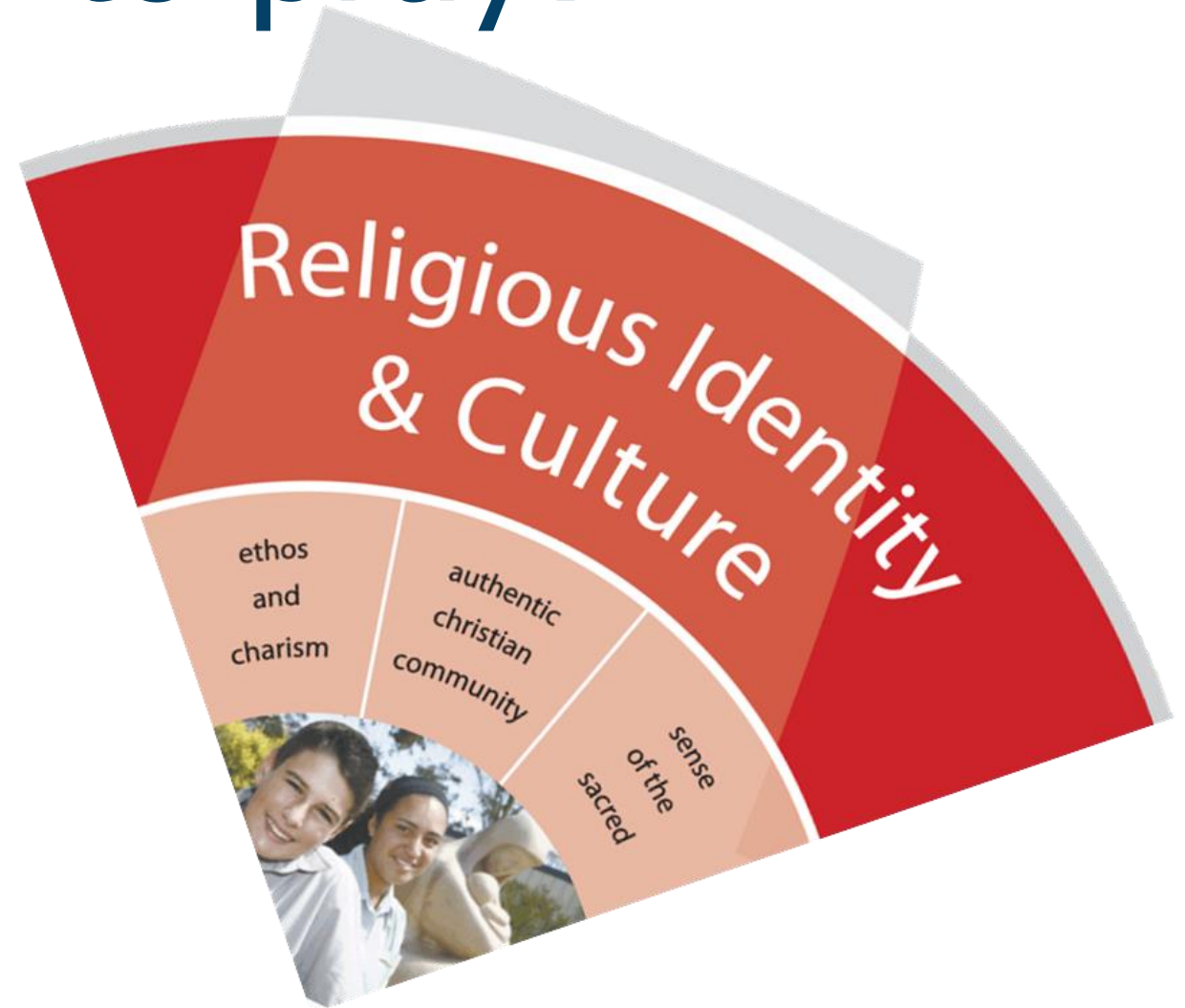
**Brain challenge: In pairs, in 30 seconds find 6 things we explicitly teach about prayer:**



# Teaching people to pray:

Providing a variety of prayer experiences –

## 10 ways to teach prayer



# Ritualising Everyday Life

Ritualising Life Events

Using Prayer Rituals in the School AND IN  
YOUR CLASSROOM or HOMEROOM.



# 1. Teach transition strategies (head to heart)

Taken from Prayer Strategies: A Teacher's Manual by Beth Nolen, Farrar House Publishing, 2014, pp. 28-29.



Try these:



**Draw an imaginary circle around yourself. Imagine this is your safe place to be with God, where you cannot be disturbed.**



**Sway like a pendulum for about 30 seconds.**



**Write non stop for 1 minute about whatever thoughts occur.**



**3 mins of movement to fast, then medium, then slow paced activity (or music).**



## 2. Develop a call to prayer



Meditation  
Chimes

Prayer bells





Singing Bowl



Free Candle App



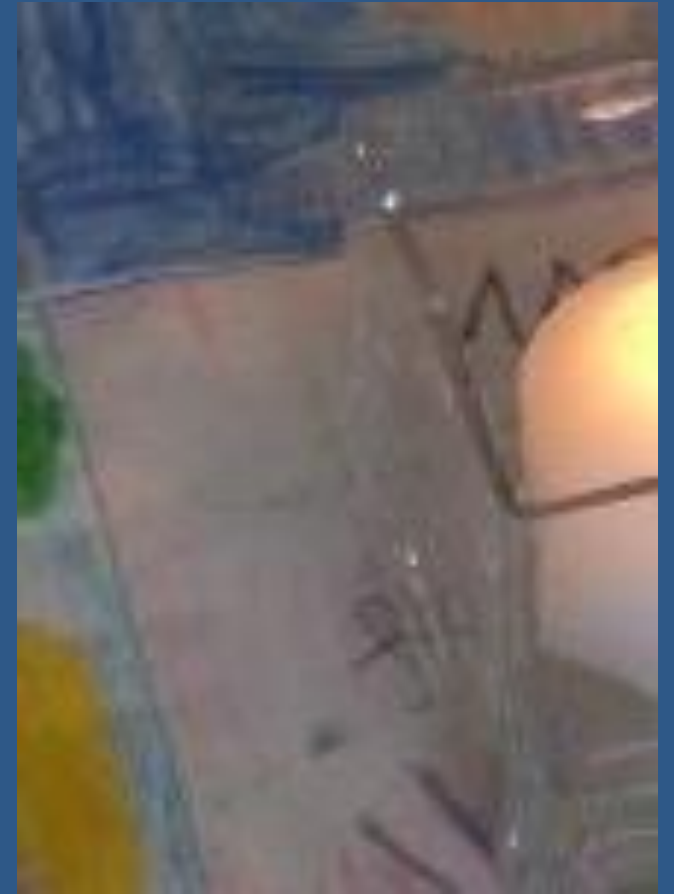
Insight Timer App

Candle





### 3. Create a Sacred Space (and use strategies to build up a culture for prayer)



## 4. Teach strategies for stillness and silence

Access this resource:

[Silence, Stillness and Simplicity: Leading meditative prayer with students](#)

- Close your eyes and imagine you are a sponge, soaking up God's love.
- Focus on the light of a candle, imagining the light of Jesus radiating through the world.
- Imagine that every time you breathe in you are breathing in God's love and goodness. Imagine that every time you breathe out you are breathing out whatever you need to let go of, including any worries and fears, handing them over to God.



# 5. Teach traditional prayers

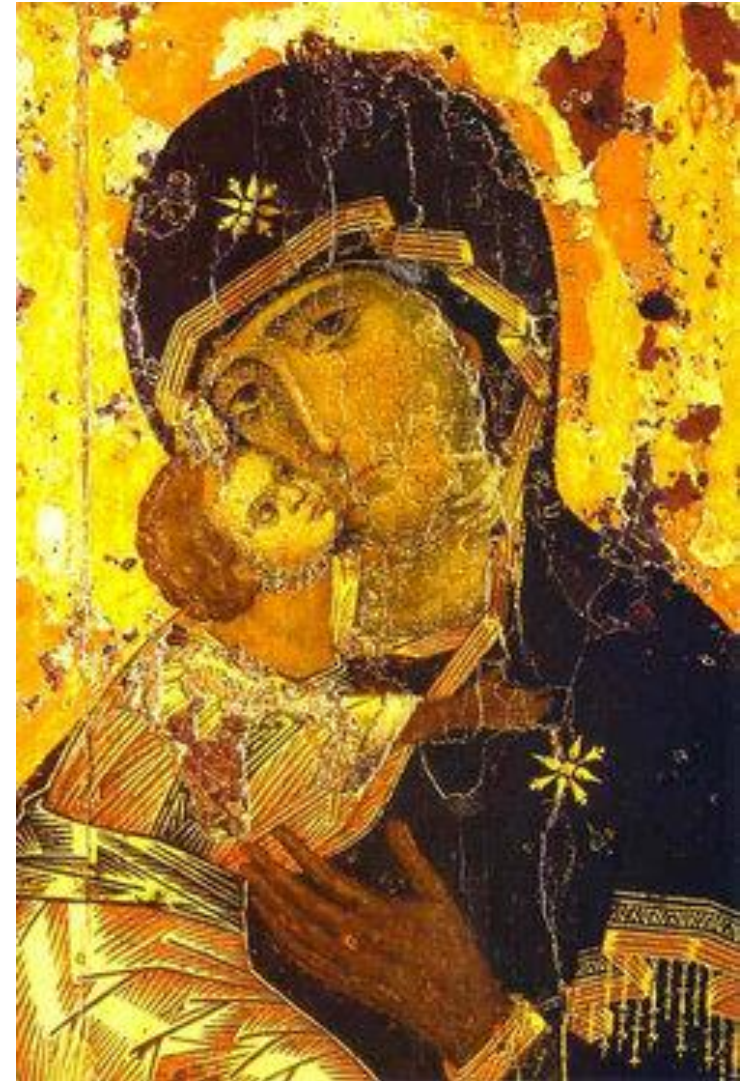
- Explore the meaning of the text and rewrite the prayer in words that they author of the prayer would use today.
- Pray your own version of the prayer and then pray the traditional words of the prayer (to pray with rich meaning).
- Find out about the history of the prayer – where does it come from? Why do people pray this prayer today?



Resource: See Prayer Strategies, Chapter 4.

# Hail Mary

Hail Mary full of grace,  
the Lord is with you;  
Blessed are you among women  
and blessed is the fruit of your  
womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen



## 6. Teach prayer through movement



- Select songs of praise and worship and encourage students to identify appropriate movements for different parts of the song.
- Identify a need In our world. In small groups, take 30 seconds to create one action to make and hold (freeze frame) to represent that need. Create a prayer to accompany the action.
- Pray a prayer of Seven Steps (see An Australian Prayer of Seven Steps, Prayer Strategies, p. 150).



# 7. Teach prayers of praise, thanksgiving, blessing and petition.

- Use photos such as old calendar pictures, or draw pictures and write prayers of thanksgiving and praise to go with the images.
- Explore the difference between these prayers – see these psalms: Psalms of thanksgiving: 9, 30, 75  
Psalms of praise: 19, 100, 150  
Psalms of petition: 59, 70, 140  
Psalms of sorrow: 38, 73, 90
- Write these 4 different types of psalms as prayers for your life.





## 8. Teach prayer through art



- Teach students how to create their own mandala (from scratch!)
- Ask students to draw a picture of anything they like (don't mention prayer or their pictures become 'holy' images!). Then ask students to write a prayer to go with their picture...choose a relevant name for God to begin...
- Teach strategies for praying with colour – write a person's name and decorate a 'frame' around it, bringing their needs to God wordlessly.

# 9. Teach prayer through meditation and contemplation

- Find many prayer resources on the [BCE website](#)
- Use a Scripture text to develop into a guided meditation, inviting students to imagine themselves as a character in the story (see Prayer Strategies, Chapters 6 and 8).
- Walk a labyrinth for meditative prayer.



# 10. Teach prayer through journal writing, litanies and other ways of praying...

- Provide a special prayer journal (e.g. exercise book) and provide sentence starters such as:  
God, today I want to say...  
God, I'm feeling...  
God, sometimes I worry that...  
Jesus, I...  
Holy Spirit, I need to pray for strength and courage because...  
Non stop writing for 5 minutes, then read what you've written. What is God saying to you?
- Write a script between yourself and God. What would you say to God? What would God say in response? Keep going. (Prayer Strategies, chapter 9.)

# LITANIES

A litany is a repetitive form of communal prayer in which all gathered recite a common response to a series of petitions or acclamations – short, easy to learn, participatory.

**Litany of Praise**  
*We praise you  
God*

**Litany of Thanks**  
*We thank you God*

**Intercession**  
*We pray to you O  
God*



# Task: write your own Litany



Choose a Saint or Founder e.g. Mary MacKillop and think about his/her qualities, gifts and achievements



Mary MacKillop, woman of justice...pray for us/be our guide/strengthen us/help us to give thanks



Mary MacKillop, teacher of children ....pray for us



Mary MacKillop, carer of the poor ...pray for us

# Hi-5 Prayer

*You*

*Who*

*Do*

*Through*

*Amen*

Gentle God,  
YOU love us so much  
GIVE us peace in our  
hearts  
THROUGH Christ our Lord  
AMEN.

# Planning for Prayer

Providing a variety of experiences

Ways to Pray Calendar



# You-Who-Do-Through

## **You**

*(begin by addressing who God is for us)*

## **Who**

*(we name who God is )*

## **Do**

*(What God is asked to do)*

## **Through**

*(We conclude as the prayer is made through Jesus Christ or the Holy Spirit)*

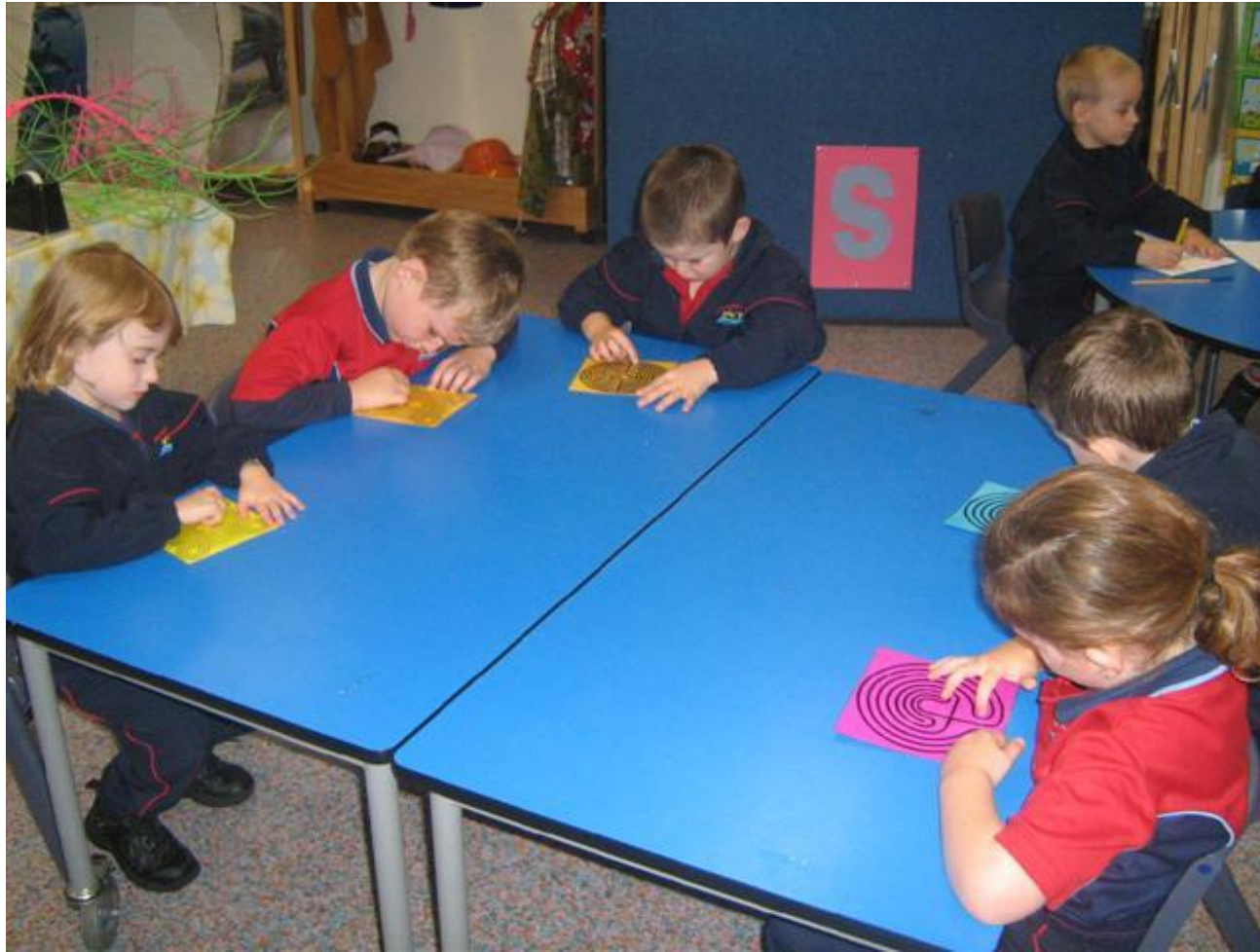
Compassionate God,

you know that our hearts are heavy.

Give us strength to face the future and wisdom to know how to act.

Through Christ our Lord. Amen.





Labyrinth Tracing

# A moment to reflect .....



What would you like to change about praying with your students?

What 3 things are you going to start doing now?

## For more information

Religious Education Services

[res@bne.catholic.edu.au](mailto:res@bne.catholic.edu.au)

[reap@bne.catholic.edu.au](mailto:reap@bne.catholic.edu.au)



[\*\*www.bne.catholic.edu.au\*\*](http://www.bne.catholic.edu.au)