

## *SOLT for Kids! Ready, Set, Live!*

*IMITATE MARY BECOME LIKE JESUS LIVE FOR THE TRIUNE GOD*

### *PRAYER – Facilitation #3 HOLY HOUR*

*Note to Facilitator: This is guided Holy Hour according to the guide in the Facilitators Manual. Feel free to select a song for the children to listen to or sing that you believe reinforces the teaching.*

Here is a meditation from Pope Benedict XVI on prayer. Please feel free to prayerfully put this in your own words after you read it or use the paragraph below.

From *Jesus of Nazareth*:

This is what prayer really is- being in silent inward communion with God. It requires nourishment, and that is why we need articulated prayer in words, images, or thoughts. The more God is present in us, the more we will really be able to be present to him when we utter the words of our prayers. But the converse (opposite) is also true: Praying actualizes and deepens our communion of being with God. Our praying can and should arise above all from our heart, from our needs, our hopes, our joys, our sufferings, from our shame over sin and our gratitude for the good. It can and should be a wholly personal prayer. But we also constantly need to make use of those prayers that express in words the encounter with God experienced both by the Church as a whole and by individual members of the Church.

(So, prayer really is being silently in God's presence. Prayers, pictures and holy thoughts help us enter into prayer with God. The more we live closely to God, the closer we can come to him in prayer. Also, prayer brings us closer to God. No matter where we are, no matter what we've done, God always, ALWAYS, wants us to pray and be with Him. The prayers the Church teaches us, like the Sign of the Cross, the Hail Mary, the Our Father and the Rosary can really help us be more like Jesus and grow closer to communion with Him and one another.)

Note: You may want to pray the Rosary, or a decade of the Rosary with the children in this Holy Hour and/or slowly go through the Sign of the Cross, the Hail Mary and the Our Father.

# Color & Pray

