



# & WELCOME!

BEYOND IS A CHILDRENS FORMATION SERIES THAT EXPLORES KEY QUESTIONS OF FAITH: TODAY'S IS: WHAT IS PRAYER?





#### ③ 3 – POINTS

1. PEOPLE YEARN TO BE IN COMMUNION WITH GOD. PRAYER IS AN ANSWER TO THIS DESIRE OF OUR HEART TO SPEAK, AND LISTEN, TO GOD.

2. GOD HEARS EVERY SINGLE ONE OF OUR PRAYERS – THOSE SPOKEN AND UNSPOKEN!

3. GOD SPEAKS TO YOU IN MANY WAYS: THROUGH THE VOICE INSIDE YOU, THROUGH THE SCRIPTURES, THROUGH YOUR LIFE AND THROUGH OTHER PEOPLE.

# ② 2 - QUESTIONS

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1. WHAT IS ONE WAY I CAN PRAY TO GOD? 2. WHAT IS ONE THING I WANT TO SAY TO HIM, RIGHT NOW?

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# $\gg$ I – ACTION

1. MAKE YOUR OWN PRAYER POSTURE!

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#### Q. WHAT IS PRAYER?

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NOW EXPLORE SOME DIFFERENT PRAYER POSTURES - STANDING, SITTING, KNEELING, HANDS CROSSED AND HANDS OPEN!

NEXT TIME YOU PRAYER, LOOK AT HOW YOUR BODY CAN JOIN YOUR MOUTH AS YOU SPEAK, AND LISTEN, TO GOD!

## ✓ MY NOTES



# ♥ PRAYER

#### O MY GOD,

I FIRMLY BELIEVE THAT YOU ARE ONE GOD IN THREE DIVINE PERSONS, FATHER, SON, AND HOLY SPIRIT.

I BELIEVE THAT YOUR DIVINE SON BECAME MAN

AND DIED FOR OUR SINS AND THAT HE WILL COME TO JUDGE THE LIVING AND THE DEAD.

I BELIEVE THESE AND ALL THE TRUTHS WHICH THE HOLY CATHOLIC CHURCH TEACHES,

BECAUSE YOU HAVE REVEALED THEM WHO ARE ETERNAL TRUTH AND WISDOM, WHO CAN NEITHER DECEIVE NOR BE DECEIVED.

IN THIS FAITH I INTEND TO LIVE AND DIE. AMEN.



### A + MORE

EXTEND YOUR PRAYER BY USING THE PRAYER FOR YOU RESOURCE!

AVAILABLE ONLINE!

