

Young Apprentices

A RESOURCE FOR THE OCIA

CATECHUMENATE SESSION: THREE KINDS OF PRAYER

Second Sunday of Lent • Year C • March 16, 2025

Lord Jesus,
you went up the mountain to pray,
and you were changed.

Help me to keep
the Lenten discipline of prayer
so that I will change
and become more and more
like you.

Amen.



Sunday Word

Genesis 15:5-12, 17-18

Psalms 27:1, 7-8, 8-9, 13-14

Philippians 3:17-4:1 or 3:20-4:1

Luke 9:28b-36

The above readings are available at
usccb.org/bible/readings.

To Help You Remember



1. The Lord promised Abram that his descendants would be as many as the stars in the sky.
2. Saint Paul encourages us to stand firm in the Lord, imitating those who live as Jesus calls us to live. Our citizenship is in Heaven, and our Savior, Jesus Christ, will come again.
3. Jesus took Peter, John, and James and went up the mountain to pray. From the clouds a voice came, saying, "This is my chosen Son; listen to him."

Key Teachings



Today's extra pages remind us that the three main types of prayer are: *vocal prayer*, *meditation*, and *contemplation*. It is also important to keep in mind the following:

1. We can pray **anywhere**: at home, at school, in church, on the bus, in the car, at our desk, or on the soccer field. God is always ready to listen and to speak his word to us.
2. We can pray **anytime**: in the morning, at noon, at night, while washing the dishes and doing our chores, while working on a big project, while playing with our friends. God hears our prayers 24/7.
3. We can pray about **anything**: hurt feelings, disappointments, successes, things we are thankful for, people who need God's help, problems, what we are excited about, what worries us. God wants to know everything that is on our minds and hearts.

Faith Words



prayer

Prayer is conversation with God. It is talking and listening to him, raising our minds and hearts to God the Father, Son, and Holy Spirit.

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Transfiguration

Today's Gospel describes the Transfiguration of Jesus. This event is also told in Matthew's Gospel (see Matthew 17:1-3) and Mark's Gospel (Mark 9:2-9). The Church celebrates the Feast of the Transfiguration of the Lord on August 6.

With My Family



We Listen

We hear two big stories today! God makes a covenant (promise) with Abram and makes him the father of a great nation. In the Gospel, Jesus is transfigured to dazzling white right before the eyes of three Apostles. His Transfiguration is a glimpse of the glorious Resurrection that is to come.

We Believe

Prayer is a personal relationship with God. We can use the Bible to help us pray. We can pray with the Church at Mass and at other times. We can use our own words or the formal prayers that the Church gives us. It is also important to be quiet and listen to God in prayer.

We Live As Disciples

Prayer is a big part of being a disciple. To follow Jesus means that we know and love him. Prayer helps us to get to know and love Jesus more deeply. What can you do to make prayer more important in your life?

We Pray

Remember the mantra (or prayer phrase) that you chose during the session? Use the activity page to write that mantra on paper. Then pray the other types of prayer that you will find on that page.

Prayer

Use this page to try out the different kinds of prayer we talked about this week.

Vocal Prayer

Pray this prayer aloud and then add your own words to the prayer.

Dear God, you made a promise to Abram and you make a promise to me.

You promise to always love me, always care for me, and always forgive me.

During this Lenten season, I would like to make a promise too. I would like to grow closer to you.

I promise to _____.

Help me to keep all my promises, especially _____.

I pray this prayer in the name of Jesus, who lives and reigns for ever and ever. Amen.



Meditation

In meditation, we use our thoughts, emotions, and imaginations in order to grow closer to God. Do a simple meditation that is similar to the one you did in your session. Ask an adult in your family to read the meditation.

Close your eyes. Become quiet and still. Take three deep breaths. Imagine yourself in your favorite place. It might be a place outdoors like a playground or a beach. (Pause.) It might be a place in your home or somewhere else, like a basketball court. (Pause.) Picture that favorite place. (Pause.) Now picture the people in that place with you. (Pause.) Picture Jesus there with you too. Imagine that he is talking with other people and then he walks over to you. What does he say? (Pause.) What do you say in return? (Pause.) Imagine that Jesus says goodbye to you. And you say goodbye in return. (Pause.) When you are ready, open your eyes.

Prayer

Use this page to try out the different kinds of prayer we talked about this week.

Contemplation

Contemplation is similar to meditation. Instead of using your thoughts and imagination, though, you simply rest silently in God's love. Some people close their eyes. Some people concentrate on their breathing. Some people focus on the flame of a candle. Try it for five minutes!

Here is a suggestion:

1. Lie flat on the floor. Or sit on the floor with your back against a wall and your legs out straight.
2. Close your eyes. Breathe slow, deep breaths. Focus on your breaths. Feel God's love in your heart.
3. Continue for five minutes.

Talk About It

If you wish, talk with someone about your experiences of prayer. What was your favorite way of praying? Is there a way of praying that you did not like so much? Why?

Try these kinds of prayer over and over during Lent, the season of the Church year during which we are asked to fast, pray, and give alms!

My Mantra

Say your mantra three times a day for one week.

