

# Catechist Tip Sheet

## INTEGRATE PRAYER INTO EVERY SESSION

### HELP STUDENTS BOTH UNDERSTAND AND LIVE OUR FAITH

#### PRAYER SHOULD ALWAYS BE INTENTIONAL AND MEANINGFUL

Don't neglect prayer, rush prayer or make it an afterthought. Our children need to learn the devotional and reverent practice of prayer to engage in a relationship with Christ

#### "LEX ORANDI, LEX CREDENDI"

This is a Latin saying that means when we pray, we live out what we believe. Spend time contemplating the words of prayer and allowing students to discover their prayer style.

### TEACH THEM THE MEANING OF THE WORDS OF OUR FAITH

#### ALL TOO OFTEN WE ONLY TEACH THE WORDS AND NEGLECT THE MEANING

#### ASK YOUR STUDENTS WHAT WORDS THEY DO NOT UNDERSTAND

Simplify difficult words and help them put the words in to context

#### WORK ON YOUR OWN TONE, PACE, AND DELIVERY TO MODEL HEALTHY PRAYER TO YOUR STUDENTS

Consider how you can say the words of common prayers to evoke more meaning

#### INVITE CRITICAL THINKING

What does that mean? Are you living the words you are praying?

### SHARE YOUR STORY

#### SHARE HOW PRAYER HAS IMPACTED YOUR LIFE

The best way we teach young people about God is to let them see that God is alive and well in our own lives and that we are made better by our relationship with God!

