



Opening Prayer

My Lord God,
I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself,
and the fact that I think that I am following your will
does not mean that I am actually doing so.
But I believe that the desire to please you does in fact please you.
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that desire.
And I know that if I do this you will lead me by the right road
though I may know nothing about it.
Therefore, will I trust you always
though I may seem to be lost and in the shadow of death.
I will not fear, for you are ever with me,
and you will never leave me to face my perils alone. Amen

- Prayer of Unknowing by Thomas Merton

Read Aloud

“For prayer is nothing else than being on terms of friendship with God.” — Teresa of Ávila

Discussion Questions

Part I: Large Group

- What stood out to you about your experience of prayer at Bethlehem Farm?
- What did you learn about prayer at Bethlehem Farm?
- How did prayer affect your experience at Bethlehem Farm over the course of the week?

Part II: Individual Reflection

Play an instrumental or otherwise appropriate song and ask everyone to reflect silently on the next two questions. Have scrap paper and pens available in case it's helpful to write or doodle.

- What is your own prayer life like? What is prayer to you?
- How easy or difficult do you find it to pray?

Part III: Large Group

Lead large group sharing of individual reflection questions. After allowing for some silence to pass to be sure people are done sharing, pose the last two questions.

- What support do you need in your prayer life? (i.e. Bible Study group, faith sharing circle, Spiritual Direction)
- Where can you find that support?

Stations Activity

Suggested Stations & Materials

A) Art prayer

- Paper
- Markers, Crayons, &/or Colored Pencils,
- Construction paper
- Magazines

B) Rosary/Chaplet of Divine Mercy

- Rosaries
- How to Pray the Rosary
- How to Pray the Divine Mercy Chaplet

C) Centering Prayer

- Instructions on Centering Prayer

D) Spiritual Reading

- Spiritual Reading/theological books/
- Poetry

E) Journaling

- Journal Prompts
- Quotes on Spirituality

F) Lectio Divina

- Bible

Students are invited to go to one (or more) of the prayer stations that are set up. It's good to have some quiet or reflective music going. Inform your students how much time they will have for the activity and it will close with a bell (or other distinct sound of your choosing).

Closing Prayer

All-knowing and Faithful God,

May today there be peace within.

May we trust God that we are exactly where we are meant to be.

May we not forget the infinite possibilities that are born of faith.

May we use those gifts that we have received,

and pass on the love that has been given to us.

May we be content knowing that we are children of God.

Let this presence settle into our bones,

and allow our soul the freedom to sing, dance, praise and love.

It is there for each and every one of us. Amen

- Teresa of Ávila

STATION RESOURCES



Lectio Divina Instructions

We begin by quieting our heart and mind and turning our focus to God.

The simple prayer practice of Lectio Divina takes us through four movements, as we are drawn closer to God through each prayerful reading of the chosen passage.

Choose a short passage to read just a few verses. (*suggested passages on back*)

Begin with silence for a few minutes, humbly asking God to quiet your heart and make you aware that you are in His loving presence.

Lectio (READ): On the first reading, simply open yourself to the presence of God. Read the passage slowly and prayerfully, allowing short pauses between sentences. As you read, take in the words and the overall flow of the passage. Then allow a time of silence following the reading- continue to open yourself to the Spirit of God.

Meditatio (REFLECT): On the second prayerful reading of the passage, listen for a particular word or a phrase through which God wants to speak to you. You will notice your attention being drawn to something (or if this doesn't happen, just choose a word). Once you have "received" the word or phrase, begin to silently meditate on that. Reflect on why God would highlight this for you today, ask Him any questions that come to mind, and note things that seem important as you meditate on what He has given you. Remember that the focus is on listening to what God has to say to you.

Oratio (RESPOND): On the third prayerful reading of the passage, listen now for God's invitation, and respond from your heart. The Living God is always inviting us in some way... to let go of something, or to take up something; to do something or be something... the invitation can take innumerable forms. Following the reading, continue to listen for His invitation and then respond silently or out loud from an honest heart.

Contemplatio (REST): The focus of the fourth prayerful reading of the passage is to simply rest now in the love that God has for you. Let the words wash over you- there is no further need to reflect or respond. We encourage you to take a word, phrase or image with you when it is time to return to the day... something to which you can return throughout the day... something that will remind you of the love of God for you, and the special message He had for you today.

Suggested Passages for Lectio Divina

- Luke 6:20-21
- 2 Thessalonians 2:13
- John 14: 8-14
- John 14: 23-27
- Psalm 23

The Chaplet of the Divine Mercy

How to Recite the Chaplet

The Chaplet of Mercy is recited using ordinary rosary beads of five decades. The Chaplet is preceded by two opening prayers from the Diary of Saint Faustina and followed by a closing prayer.

1) **Make the Sign of the Cross**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

2) **Optional Opening Prayers**

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(3X) O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!

3) **Our Father**

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil, Amen.

4) **Hail Mary**

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.

5) **The Apostle's Creed**

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

6) **The Eternal Father**

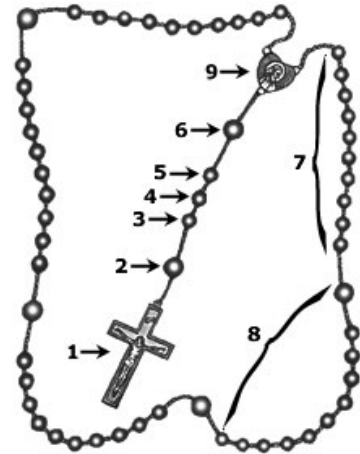
Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

7) **On the Ten Small Beads of Each Decade**

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

8) **Repeat for the remaining decades**

Saying the "Eternal Father" prayer (#6) on the "Our Father" bead and then 10 "For the sake of His sorrowful Passion" prayer (#7) on the following "Hail Mary" beads.



9) Conclude with Holy God (3x)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

10) Optional Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

How to Pray the Rosary

1. SAY THESE PRAYERS...

IN THE NAME of the Father, and of the Son, and of the Holy Spirit. Amen. (As you say this, with your right hand touch your forehead when you say Father, touch your breastbone when you say Son, touch your left shoulder when you say Holy, and touch your right shoulder when you say Spirit.)

I BELIEVE IN GOD, the Father almighty, Creator of Heaven and earth. And in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate; was crucified, died, and was buried. He descended into Hell. The third day He rose again from the dead. He ascended into Heaven, and sits at the right hand of God, the Father almighty. He shall come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

OUR FATHER. Who art in Heaven, hallowed be Thy Name. Thy kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

HAIL MARY, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

GLORY BE to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning is now, and ever shall be, world without end. Amen.

O MY JESUS, forgive us our sins, save us from the fires of Hell; lead all souls to Heaven, especially those in most need of Thy mercy. Amen.

HAIL HOLY QUEEN, mother of mercy; our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us. And after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

O GOD, WHOSE only-begotten Son by His life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech Thee, that by meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

ANNOUNCE each mystery by saying something like, "The third Joyful Mystery is the Birth of Our Lord." This is required only when saying the Rosary in a group.

2. IN THIS ORDER...

INTRODUCTION

1. IN THE NAME...
2. I BELIEVE IN GOD...
3. OUR FATHER...
4. HAIL MARY...
5. HAIL MARY...
6. HAIL MARY...
7. GLORY BE...
8. O MY JESUS...

THE FIRST DECADE

9. ANNOUNCE...
10. OUR FATHER...
11. HAIL MARY...
12. HAIL MARY...
13. HAIL MARY...
14. HAIL MARY...
15. HAIL MARY...
16. HAIL MARY...
17. HAIL MARY...
18. HAIL MARY...
19. HAIL MARY...
20. HAIL MARY...
21. GLORY BE...
22. O MY JESUS...

THE SECOND DECADE

23. ANNOUNCE...
24. OUR FATHER...
25. HAIL MARY...
26. HAIL MARY...
27. HAIL MARY...
28. HAIL MARY...
29. HAIL MARY...
30. HAIL MARY...
31. HAIL MARY...
32. HAIL MARY...
33. HAIL MARY...
34. HAIL MARY...
35. GLORY BE...
36. O MY JESUS...

THE THIRD DECADE

37. ANNOUNCE...
38. OUR FATHER...
39. HAIL MARY...
40. HAIL MARY...
41. HAIL MARY...
42. HAIL MARY...
43. HAIL MARY...
44. HAIL MARY...
45. HAIL MARY...
46. HAIL MARY...
47. HAIL MARY...
48. HAIL MARY...
49. GLORY BE...
50. O MY JESUS...

THE FOURTH DECADE

51. ANNOUNCE...
52. OUR FATHER...
53. HAIL MARY...
54. HAIL MARY...
55. HAIL MARY...
56. HAIL MARY...
57. HAIL MARY...
58. HAIL MARY...
59. HAIL MARY...
60. HAIL MARY...
61. HAIL MARY...
62. HAIL MARY...
63. GLORY BE...
64. O MY JESUS...

THE FIFTH DECADE

65. ANNOUNCE...
66. OUR FATHER...
67. HAIL MARY...
68. HAIL MARY...
69. HAIL MARY...
70. HAIL MARY...
71. HAIL MARY...
72. HAIL MARY...
73. HAIL MARY...
74. HAIL MARY...
75. HAIL MARY...
76. HAIL MARY...
77. GLORY BE...
78. O MY JESUS...

CONCLUSION

79. HAIL HOLY QUEEN...
80. O GOD, WHOSE...
81. IN THE NAME...

3. WHILE TOUCHING THESE BEADS TO KEEP TRACK OF YOUR PROGRESS...



4. AND SILENTLY MEDITATING ON THESE "MYSTERIES", OR EVENTS FROM THE LIVES OF JESUS AND MARY...

On Monday and Saturday, meditate on the "Joyful Mysteries"

- First Decade (Steps 9-22): The Annunciation of Gabriel to Mary (Luke 1:26-38)
- Second Decade (Steps 23-36): The Visitation of Mary to Elizabeth (Luke 1:39-56)
- Third Decade (Steps 37-50): The Birth of Our Lord (Luke 2:1-21)
- Fourth Decade (Steps 51-64): The Presentation of Our Lord (Luke 2:22-38)
- Fifth Decade (Steps 65-78): The Finding of Our Lord in the Temple (Luke 2:41-52)

On Thursday, meditate on the "Luminous Mysteries"

- First Decade: The Baptism of Our Lord in the River Jordan (Matthew 3:13-16)
- Second Decade: The Wedding at Cana, when Christ manifested Himself (Jn 2:1-11)
- Third Decade: The Proclamation of the Kingdom of God (Mark 1:14-15)
- Fourth Decade: The Transfiguration of Our Lord (Matthew 17:1-8)
- Fifth Decade: The Last Supper, when Our Lord gave us the Holy Eucharist (Mt 26)

On Tuesday and Friday, meditate on the "Sorrowful Mysteries"

- First Decade: The Agony of Our Lord in the Garden (Matthew 26:36-56)
- Second Decade: Our Lord is Scourged at the Pillar (Matthew 27:26)
- Third Decade: Our Lord is Crowned with Thorns (Matthew 27:27-31)
- Fourth Decade: Our Lord Carries the Cross to Calvary (Matthew 27:32)
- Fifth Decade: The Crucifixion of Our Lord (Matthew 27:33-56)

On Wednesday and Sunday, meditate on the "Glorious Mysteries"

- First Decade: The Glorious Resurrection of Our Lord (John 20:1-29)
- Second Decade: The Ascension of Our Lord (Luke 24:36-53)
- Third Decade: The Descent of the Holy Spirit at Pentecost (Acts 2:1-41)
- Fourth Decade: The Assumption of Mary into Heaven
- Fifth Decade: The Coronation of Mary as Queen of Heaven and Earth

You are encouraged to copy and distribute this sheet.

www.HowToPrayTheRosary.net

Prayer Journaling

There are many ways to use journaling as a form of prayer.

- You can write a letter to God, Jesus, or the Holy Spirit.
- You can record your prayer intentions down in it.
- You can use it to record scriptural insights
- You can ask God a question and see if something comes to mind in the silence as you focus on God.



Art Prayer

Art Prayer can be a lot of things. It is often done with a topic, question or scriptural prompt. You can use all types of art mediums; crayons, pastels, pencils, pens, markers, magazines, colored paper, paint, stickers, clay, etc

Rule 1: This is not about artistic ability.

Rule 2: Let it come to you, do not plan out a perfect picture.

Suggested Prompts

- What is your image of the Divine?
- Trust
- Psalm 23



Centering Prayer

Step 1: Choose a sacred word as the symbol of your intention to consent to God's presence and action within.

- The sacred word should be chosen during a brief period of prayer asking the Holy Spirit to inspire us with one that is especially suitable to us.

Step 2: Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word.

Step 3: When you become aware of thoughts, return ever-so-gently to the sacred word.

Step 4: At the end of the prayer period remain in silence with eyes closed for a couple of minutes.

Please Know... You will get distracted so be gentle with yourself. This is normal. Return to your sacred word as often as needed.