

# Spontaneous Prayer

## Praying From The Heart



As Jesus traveled on his journeys, he often paused to pray to his heavenly Father. Jesus's own disciples were inspired by watching Him pray and asked Jesus to teach them how to pray. When children see us pray, they, like Jesus's disciples, are also inspired to know how to grow closer to God in prayer.

Spontaneous prayer is a form of prayer that not all Catholics are comfortable with. Our traditional memorized prayers are beautiful and have an important place in one's prayer life. But we must not shy away from spontaneous prayer and the closeness it brings between us and God. One of the easiest ways to equip children with the confidence to pray spontaneously, either alone or in a group setting, is to teach them four guiding words:

### You, Who, Do, & Through

As always, our prayer should begin with the Sign of the Cross

· **You:** prayer begins by addressing a Person...God! God has many titles and we can begin our prayer by addressing God with words such as "Heavenly Father..." or "Almighty God..." or "Good and gracious God."

· **Who:** In prayer, we recall some of the great deeds God has done and thank God for them. "Thank you for your love." "Thank you for the gift of family."

· **Do:** We pray to God to ask God to DO something for us or for others, to show us his mercy and love.

· **Through:** To end, we make all of our prayer to the Father through his Son, Jesus Christ, by the power of the Holy Spirit.

For more information on teaching spontaneous prayer click [here](#). Another way of practicing spontaneous prayer is to remember [A.C.T.S.](#)

### Resources for Families

- [REALLY Creative Ideas](#) on how to pray spontaneously with your family.
- [Short Spontaneous Prayers](#)
- Article: [Giving Your Child the Gift of Prayer](#)
- Get out of the house & go on a [Prayer Walk](#)

### Resources for Small Children

- Pray Anytime [Song](#)
- Activity to Teach the [Power of Prayer](#)
- Printable [Prayer Starters](#) for Kids
- [Strengthen Your Child's Desire to Pray](#)
- [Video to reflect on Sunday's Gospel](#)

### Resources for Elementary Kids

- [Printable Prayer Journal](#) Idea
- [Daily prayers with children](#)
- [Prayer Starters Jar](#) (in picture at the top)

### Resources for Teens

- [Article for Parents/Guiding Teens](#)
- Blog for Teens: [Pray with Friends](#)
- [Prayer Journaling Idea](#)
- [Prayer Prompts](#)
- [Prayer Doodles](#)
- Summit [Reflection on Sunday Reading](#)

### Resources for Adults

- [Reflection questions](#) - Sun. Readings 4/26
- Sunday & Weekday [Readings](#)
- Break the Silence - [Pray With Others](#)
- [Recommendations](#) from Formed.org

### Resources: Special Needs

- Teaching [Pope Francis' Five Finger Prayer](#)
- Five Fingers Prayer [Song](#)

### SFA streamed live on Facebook:

**Mass: New Time! 9:30 am Sun.** [Worship Aid](#)  
ASL Interpretation provided for Sunday Mass  
**Mass: 8:45 am Wed.** (School Mass)

### **Daily:**

**Adoration** - 6 am

**Rosary** - 7 am

\* Streamed masses will be recorded and posted on our [website](#) and [Vimeo page](#).

