



VIRTUE=STRENGTH.™



PRAYERFULNESS

The strength by which I spend time
alone talking with God.



VIRTUE=STRENGTH.™



PRAYERFULNESS

“WANTING TO PRAY.”



VIRTUE=STRENGTH.™

PRAYERFULNESS

OPENING PRAYER

O Mary, powerful Virgin, you are the mighty and powerful protector of the Church; you are the marvelous help of Christians; you are terrible as an army in battle array; you alone have destroyed every heresy in the whole world.

In the midst of our anguish, our struggles, and our distresses, defend us from the power of the enemy and at the hour of our death, receive our souls in **paradise**.
Amen.

VIRTUE=STRENGTH.

PRAYERFULNESS

INTRODUCTION

This week our strength building on the virtue of Faith is PRAYERFULNESS.

The strength by which I spend time alone talking with God.

It is wanting to pray and being attentive and sincere in prayer, showing respect and love for God.

Prayer isn't just another good thing to do; it's absolutely necessary if we want to know God's will in our lives and draw closer to him.

Let's encourage one another to find the time and the willpower to pray. Let's be more **intentional** about embracing a life of prayer!

VIRTUE=STRENGTH.

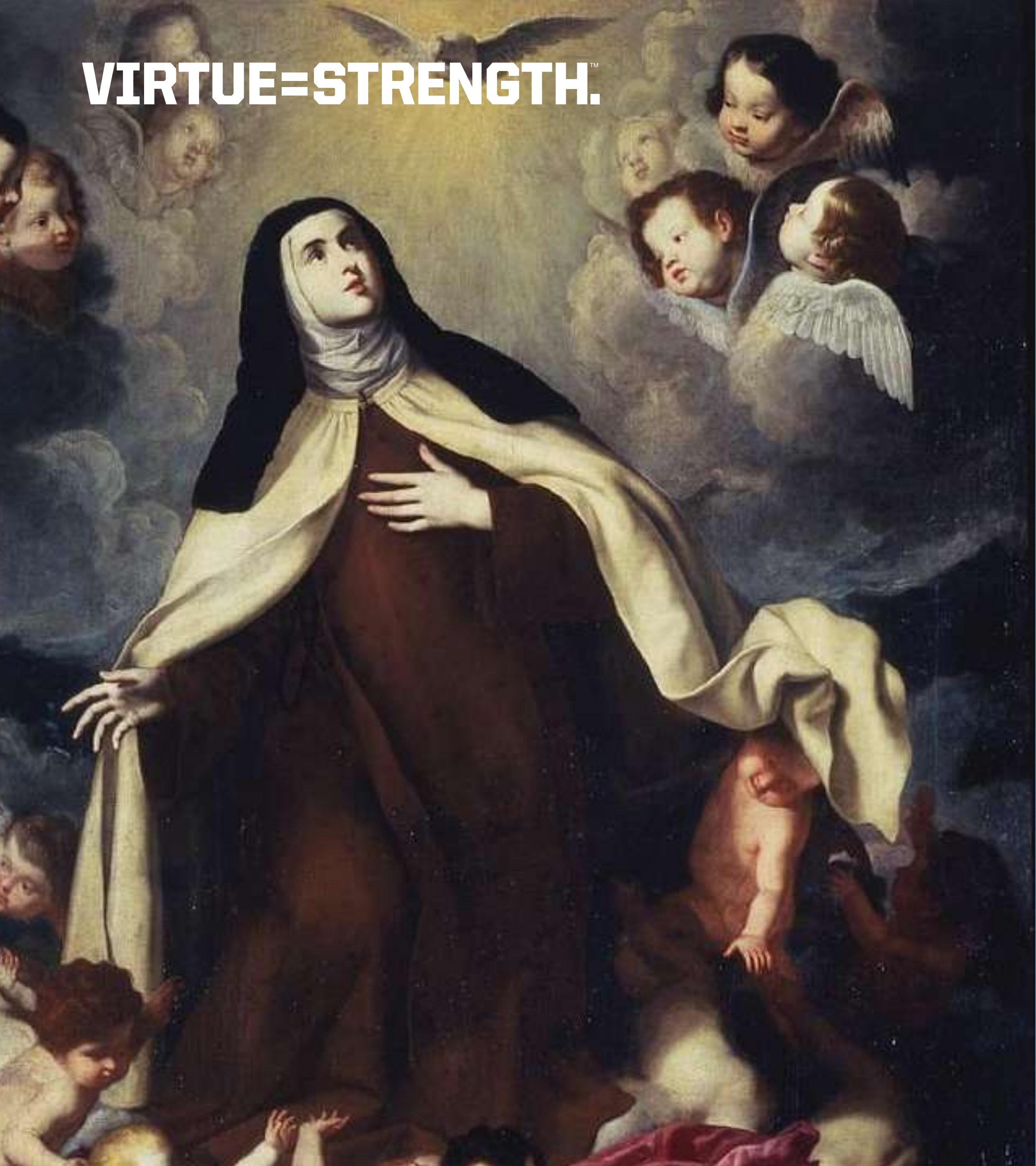
PRAYERFULNESS

WHY SHOULD WE PRAY?

St. Teresa of Ávila: *"Prayer is an act of love; words are not needed. Even if sickness distracts from thoughts, all that is needed is the will to love."*

St. John Vianney: *"Private prayer is like straw scattered here and there: If you set it on fire, it makes a lot of little flames. But gather these straws into a bundle and light them, and you get a mighty fire, rising like a column into the sky; public prayer is like that."*

VIRTUE=STRENGTH.



PRAYERFULNESS

POEM TO MEMORIZE

St. Teresa of Ávila, a prominent Carmelite nun and mystic from the 16th century, is known for her profound spiritual writings and poetry that reflect her deep relationship with God and her experiences in prayer.

Let Nothing Disturb You

Let nothing disturb you,
Let nothing frighten you,
All things are passing away;
God never changes.
Patience obtains all things
Whoever has God lacks nothing;
God alone suffices.

"Nada Te Turbe" in Spanish

Nada te turbe,
nada te espante,
todo se pasa,
Dios no se muda.
La paciencia todo lo alcanza;
quien a Dios tiene,
nada le falta.
Sólo Dios basta.

VIRTUE=STRENGTH.™



VICE

VICE



VIRTUE=STRENGTH.™



IRREVERENCE

The weakness to not pray or give proper respect to God.



VIRTUE=STRENGTH.™



IRREVERENCE

“NOT WANTING TO PRAY.”

“LACK OF DUE RESPECT.”

VIRTUE=STRENGTH.

VICE

EXAMPLES OF IRREVERENCE

Too busy to pray.

Treating the Church or Chapel like any other room.

Not genuflecting when you enter Church.

Using our Lord's Name in vain.

Thinking you don't need God.

VIRTUE=STRENGTH.™



PRAYERFULNESS

CHALLENGE

Let's put our **VIRTUE** into action!



DISCUSSION & REFLECTION

Questions:

- What are some ways you can show reverence during prayer?
- How can you re-focus when you get distracted in prayer?
- Why do we mainly pray only when we need something?
- Do you know someone who really needs our prayers?



VIRTUE=STRENGTH.™

**ONE THING
I'M GOING
TO DO IS
PRAY**

PRAYERFULNESS

RESOLUTION

WAY TO LIVE THE VIRTUE THIS WEEK

Practice PRAYERFULNESS this week
by **setting**:

A specific time to pray.

Where you will pray.

What you will focus on in your prayer.

Why you will pray.

VIRTUE=STRENGTH.™



PRAYERFULNESS



WHAT DOES PRAYERFULNESS LOOK LIKE?

VIRTUE=STRENGTH.™



PRAYERFULNESS

[CLICK HERE FOR ALL THE VIDEOS
IN GOOGLE SLIDES](#)

[CLICK HERE FOR THE
TEACHER & STUDENT VIDEO
WORKSHEETS](#)

[CLICK HERE FOR ALL THE SEPTEMBER
SAINTS VIDEOS
IN GOOGLE SLIDES](#)



VIRTUE=STRENGTH.



PRAYERFULNESS

WHAT DOES PRAYERFULNESS SOUND LIKE?

VIRTUE=STRENGTH.™



PRAYERFULNESS

STORY

BOY PRAYS FOR MISSING CHILDREN AT WALMART

We all see them. The faces gazing out at us from posters hanging in post offices, community centers, and city buildings.

Many of us pass right by without a second thought.

But for this young boy who was visiting a Walmart with his mom, seeing a large board filled with the faces of those missing children stopped him in his tracks.

He went and did something about it. He didn't let "what others would say, think, look or do" stop him.

May his PRAYERFUL **example** inspire us to step up and help others in need whether it be through action or prayer.

Some other examples of times we might pray:

- Passing a cemetery.
- Ambulance, Fire Truck, Police Car ... driving by.
- Passing a hospital.
- When someone gets injured during a game.

VIRTUE=STRENGTH.™



PRAYERFULNESS

SAINT STORY

ST. ANDREW KIM TAEAGON

September 20

[CLICK HERE FOR MORE INFORMATION ON ST. ANDREW](#)

St. Andrew Kim Taegon was the first Korean-born Catholic priest and is the patron saint of Korean clergy. He was canonized with 102 other martyrs on 6 May 1984.

His father was killed by the Korean king for the Faith. But our brave Saint was not afraid of giving his life for his Lord Jesus. He left his homeland to become a priest and when he returned, he taught everyone he could at night to avoid getting caught.

Not long after, as he was secretly bringing more priests into Korea, he was discovered, arrested and soon became a glorious **witness** of the Catholic Faith as a martyr.

SMALL GROUP DIFFICULT SITUATION
DISCUSSION

You would like to start praying the **rosary** at night with your family but no one else really wants to.

What do you do to encourage or inspire them?

Consider different scenarios, outcomes and reactions.



Mark 6: 46

And when He had dismissed them, He went up to the mountain to pray.



VIRTUE=STRENGTH.

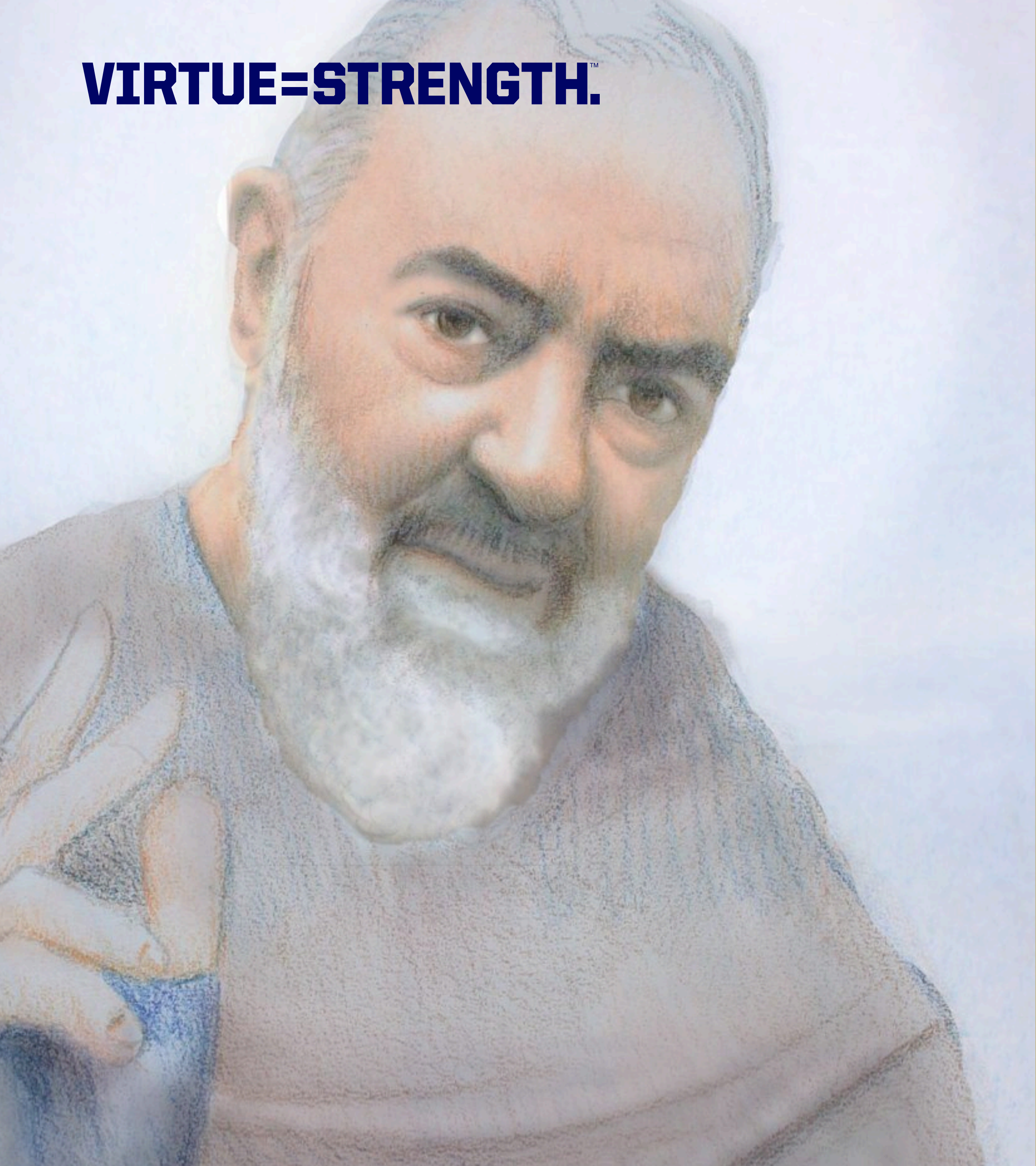
PRAYERFULNESS

“Whoever prays is certainly saved. He who does not is certainly damned. All the blessed have been saved by prayer. All the damned have been lost through not praying. If they had prayed they would not have been lost.

And this is, and will be their greatest torment in hell: to think how easily they might have been saved, just by asking God for His grace, but that now it is too late - their time of prayer is gone.”

- St. Alphonsus Maria de Liguori

VIRTUE=STRENGTH.™



PRAYERFULNESS

*“Pray, hope and don’t worry.
Worry is useless.
God is merciful and will hear your
prayer.”*

- St. Padre Pio

VIRTUE=STRENGTH.™



PRAYERFULNESS

*“It is simply impossible to lead,
without the aid of prayer, a virtuous
life.”*

- St. John Chrysostom

VIRTUE=STRENGTH.™

PRAYERFULNESS

*“Prayer is an aspiration of the heart.
It is a simple glance directed to
Heaven.*

*It is a cry of gratitude and love in the
midst of trial as well as joy.*

- St. Therese of Lisieux



VIRTUE=STRENGTH.™

PRAYERFULNESS

“Any time spent before the Eucharistic Presence, be it long or short, is the best-spent time of our lives.”

- St. Catherine of Genoa



VIRTUE=STRENGTH.™

CLOSING PRAYER

Breathe into me, Holy Spirit,
that my thoughts may all be holy.

Move in me, Holy Spirit,
that my work, too, may be holy.

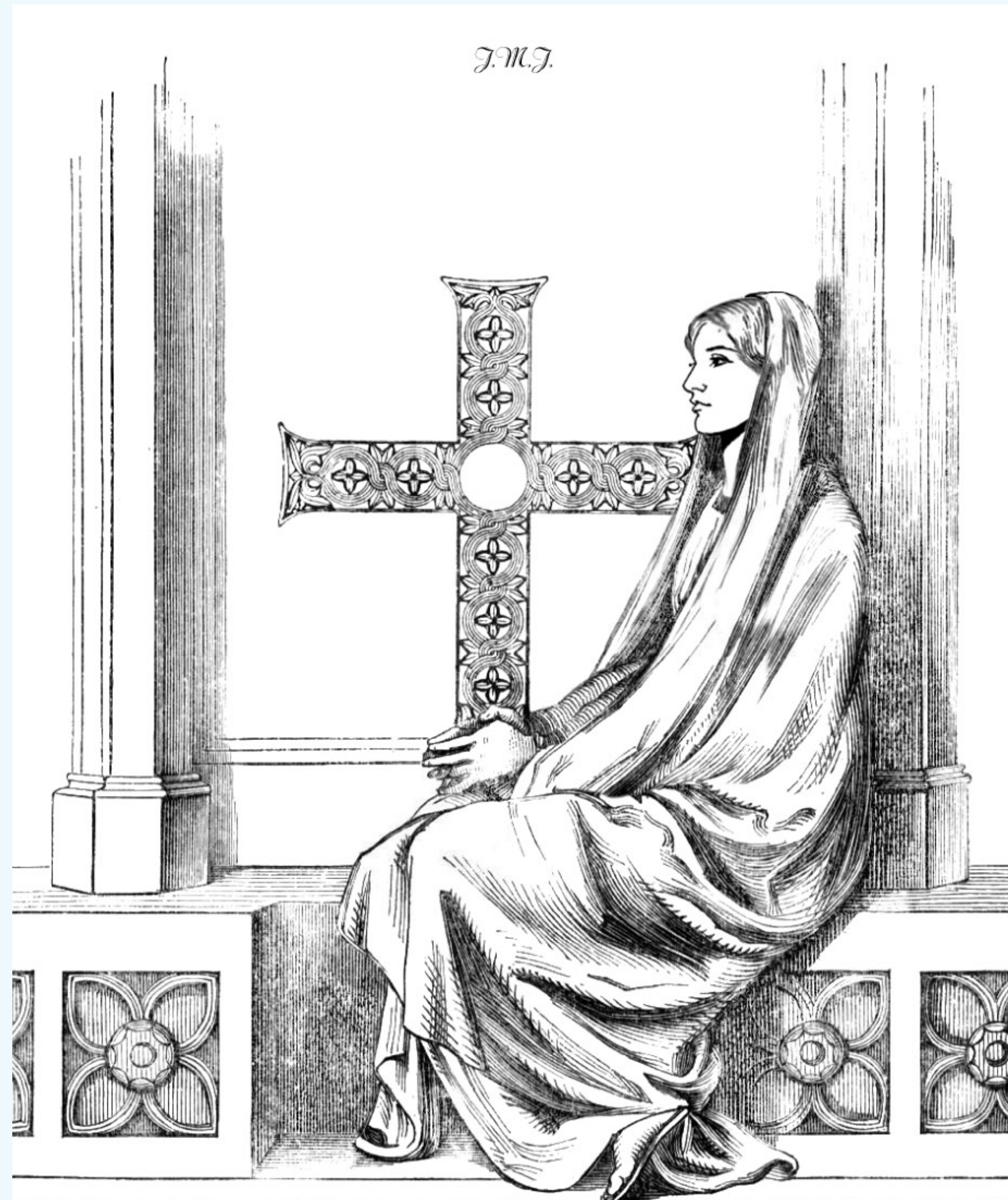
Attract my heart, Holy Spirit,
that I may love only what is holy.

Strengthen me, Holy Spirit,
that I may defend all that is holy.

Protect me, Holy Spirit,
that I may always be holy.

PRAYERFULNESS





[CLICK HERE FOR THE COLORING PAGE](#)

Let us make the effort to **PRAY.**

God loves us so much and He wants to spend time with us.

WITH YOUR PARENTS' PERMISSION

BE SURE TO VISIT US AT WWW.CATHOLICKINGDOM.COM

© 2016 HOLY FAMILY PRESS

VIRTUE=STRENGTH.™



STUDENT LEADER VIRTUE AWARD

PRAYERFULNESS

This certifies that

Helped lead our school with their virtuous example.

The strength by which I spend time alone
talking with God.