

### CREATING YOUR OWN PRAYER BOOK

Your task is to create your own prayer book. A personal prayer book is a collection of prayers that are meaningful to you on your journey, which contains prayers that are relevant to *your* life. It is one way to keep in touch with God, to be honest in our relationship and to help us to bring that relationship to a deeper level.

As you begin to compose your prayer book remember....

- “Prayer ... expands my soul and unites me to Jesus” (St. Therese of Lisieux)
- “I pray not so much to change God as that God changes me.” (C.S. Lewis)
- “Pray always without ceasing” (Ignatius Loyola)
- “Prayer is the raising of one’s mind and heart to God, and the requesting of good things from God” (Catechism of the Catholic Church)

Instructions:

(Format: typed, booklet-size as shown in class, with a decorated cover – not just one piece of clipart stuck on the front – that reflects your prayer journey thus far)

1. There are four types of prayer. For each type of prayer discussed in class, you will:
  - a. Give **a definition** of the type of prayer – cite your source for the definition on the last page of the booklet – it does not have to be the exact definition that we have from class, but must be from a Catholic source; and
  - b. Write an original prayer that reflects the definition of the prayer.
  - c. Each prayer must be a minimum of five sentences.
  - d. Prayers should reflect the thoughts of the heart and mind.
  - e. The four types of prayer remembered by “A.C.T.S.”
    1. Adoration/Blessing/Praise
    2. Contrition
    3. Thanksgiving
    4. Supplication/ Intercession/ Petition
  - f. Each prayer must be on a separate page of the booklet.
2. After these 4 prayers of your own composition, include just one traditional prayer or a prayer that you have found that is meaningful for you. You can look in a prayer book, on-line, in the Bible, etc. It may NOT found in pgs. 447 – 455 in the back of your text book.
  - a. Type out the prayer
  - b. Explain what the prayer means to you and why you chose it.

3. Write a concluding paragraph about what you have learned or have had confirmed about prayer in studying this unit. Your paragraph should be about ten sentences long. You may include ideas about how to pray, how God listens and answers our prayers, or anything else you found helpful.
4. Create a cover for your prayer book that is worthy of God and the prayers contained in it. Be creative. Be prayerful. Give your prayer book a title. Include on the back cover your name, your class period, and the date.

Rubric: Grading will be based on accuracy of definition and whether the prayer reflects the prayer type.

Name: \_\_\_\_\_

*Prayer of Adoration/Blessing/Praise*

Definition \_\_\_\_\_/1

Prayer \_\_\_\_\_/4

*Prayer of Contrition*

Definition \_\_\_\_\_/1

Prayer \_\_\_\_\_/4

*Prayer of Thanksgiving*

Definition \_\_\_\_\_/1

Prayer \_\_\_\_\_/4

*Prayer of Supplication/ Intercession*

Definition \_\_\_\_\_/1

Prayer \_\_\_\_\_/4

*Traditional/formal prayer*

Prayer typed \_\_\_\_\_/1

What it means for me \_\_\_\_\_/5

*What I have learned* \_\_\_\_\_/6

*Cover* \_\_\_\_\_/4

Late papers \_\_\_\_\_-5/day

Spelling and grammar errors \_\_\_\_\_-1/ for every 3 errors

Assignment sheet not attached \_\_\_\_\_-3

Total Points \_\_\_\_\_/36 points