

Confirmation Journal Activity

November 30, 2022

During the month of November we have learned about prayer. What is prayer? What prayers do you know? How do we pray? Why do we pray? Prayer is an important part of our daily life. If you would like to learn more about prayer, you can read more in the Catechism of the Catholic Church 2558.

What is Prayer?

“For me prayer is a surge of the heart, it is a simple look toward heaven, it is a cry of recognition and of love, embracing both trial and joy.” ~St. Therese of Lisieux

Learning Work: *(scroll to page 2 of this document to find the reading)*

1. Read Praying to Mary and the Saints
2. Read The Holy Rosary

Reflection Questions:

1. What is intercession?
2. How will you make prayer part of your daily life?

Reminders:

You should be working on your mass reflections. To pace yourself through this year of Confirmation you should be completing 1 each month. To be on pace you should have completed 2. You can always do more than 1 in a month so if you haven't gotten started yet you still have many opportunities.



PRAYING TO MARY AND THE SAINTS

Many people do not understand why Catholics pray to anyone other than God. After all, if you can pray to God Almighty directly, why bother to pray to others, such as the Blessed Virgin Mary, the saints, or the angels?

The first thing to remember is that when Catholics say that we “pray” to the Blessed Virgin Mary, the saints, or the angels, what we really mean is that we are asking for their intercession. We are asking them to pray for us. Asking others to pray for us is something that all Christians do. When was the last time that someone asked you to pray for him or her? When was the last time that you asked a friend, a relative, or your parish priest to pray for you?

When we ask people to pray for us, we are asking them to intercede for us. When we do this, we are inclined to ask someone who prays regularly and has a strong, personal relationship with God. And the strongest relationships of all are between God and the saints and angels in heaven!

This is one of the great benefits to being part of the Communion of Saints. We can ask those who have gone before us and are now completely united to God to pray for us. We can explain to them things about our life, our feelings, and our worries, so they know what our needs are. Their prayers can help us to join them one day in heaven.



THE HOLY ROSARY

One of the most popular Catholic devotions is the Holy Rosary. The rosary is a string of beads which one uses when saying certain prayers including the Our Father, the Hail Mary, and the Glory Be. Usually the person praying the Rosary focuses on five mysteries as he or she prays. These mysteries are events that occurred in the life of Jesus or Mary, which we meditate upon while praying the prayers. Nearly all of the mysteries of the Holy Rosary are revealed in Scripture. There are four different sets of mysteries that are commonly used:

- ✦ **Joyful Mysteries:** the Annunciation, the Visitation, the Nativity (Birth of Christ), the Presentation (of Christ in the Temple), and the Finding of Jesus in the Temple.
- ✦ **Sorrowful Mysteries:** the Agony in the Garden, the Scourging at the Pillar, the Crowning with Thorns, the Carrying of the Cross, and the Crucifixion.
- ✦ **Luminous Mysteries:** the Baptism of Christ in the Jordan, the Manifestation of Christ at the Wedding of Cana, the Proclamation of the Kingdom of God with His Call to Conversion, the Transfiguration, and the Institution of the Eucharist.
- ✦ **Glorious Mysteries:** the Resurrection, the Ascension, the Descent of the Holy Spirit, the Assumption (of the Blessed Virgin Mary), and the Coronation of the Blessed Virgin Mary.

For many people the Rosary is a daily devotion, and it is common for a family to pray it together. It is a good idea to have a Rosary for your own devotional use.