

## Letter for Families • Unit 4

### Getting Ready

Jesus taught us that we are to pray. Praying is one of the ways we express and deepen our relationship with God. Prayer has many dimensions. Prayer is an expression of our thirst for God. Through prayer we open our hearts in gratitude to God for his generosity to us. Praying is also a source of strength when we face temptation and evil. In prayer we surrender our struggles to God. Ultimately, praying is our communion with God, who has created us and breathed the gift of his own life into us.

The Church names five basic types of prayer. They are the prayer of blessing and adoration, the prayer of petition, the prayer of intercession, the prayer of thanksgiving, and the prayer of praise. Often our prayer is a mix of several of these types of prayer.

The Our Father is a summary of the whole Gospel. When we pray the Our Father, we express our desire to

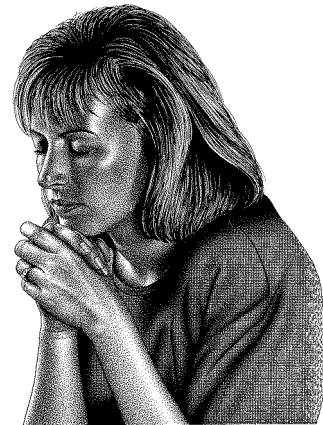
love God in both our words and deeds and to emulate his loving-kindness. By addressing God as Father, we acknowledge our dignity as adopted sons and daughters of God—a dignity that no one can ever take from us.

### Looking for More?

- **Faith First Legacy Edition**  
*Additional Activities* booklet for appropriate age level
- **Faith First Legacy Edition**  
*Called to Prayer* booklet for appropriate age level
- *Birthday Blessings* by Bill Freburger (Twenty-Third Publications). Daily prayers come alive through blessings and stories.
- *The Our Father for Children* by H.J. Richards (The Liturgical Press). An explanation of the Lord's Prayer.

### Faith First.com

For more ideas on how your family can live your faith, visit the "Faith First for Families" page at [www.FaithFirst.com](http://www.FaithFirst.com). Click on "Family Prayer."



### Catholic Family Traditions

This is an appropriate time to review the Lord's Prayer together as a family. You can find this prayer in the "Prayers and Practices" section in the back of your child's book. Choose a time when you can pray this prayer together each day this week.