



## AND YOU... HOW DO YOU DO TO PRAY?

**Slide 1**

**Slide 2** Our Father is the prayer that Jesus taught **Slide 3** his disciples who understood that praying is important, but who didn't know how to do it

**Slide 4** Today we have invited 2 children to the studio, we will call them **Slide 5** Lea and **Slide 6** Paul. Why did they come? **Slide 7** Because they have things to tell us **Slide 8** about prayer and they also have questions. Certainly, **Slide 9** questions that you ask yourself too.

So let's listen to them. This exchange between Franck, Paul and Léa will enlighten us.

### **Slide 10** WHERE AND HOW TO PRAY?

**Slide 11** **Slide 12** **Slide 13** **Slide 14**

- **Franck**: Welcome to both of you. I am very happy to meet you today. I know that you have some interesting things to tell us and also some questions **Slide 15** so let's go. You want to start Lea?

**Slide 16** - **Lea**: Yes! I would like to know why Jesus said in the "Our father" that one must **Slide 17** enter into his room to pray to God? **Slide 18** I also pray elsewhere.

**Slide 19** - **Franck**: In fact, God sees you and he hears your prayer whether you are **Slide 20** in your room, **Slide 21** on the bus, **Slide 22** by the water or elsewhere. The place is not what is most important; it is above all what is going on around you, in your head and **Slide 23** in your heart. Jesus **Slide 24** tells us to come into our room and to close the door because it is usually a quiet place where you can be alone but that maybe somewhere else where you won't be distracted by what's going on around you. **Slide 25** You turn off your cell phone, your tablet, you are all alone with God and you can talk to him without being disturbed. **Slide 26** Paul, have you ever seen people who close their eyes when they pray?

**Slide 27** - **Paul**: yes, I do it too.

**Slide 28** - **Franck**: When we close our eyes, we can concentrate better, and that helps us.

**Slide 29** - **Paul**: Sometimes I pray when I'm at school. I do not speak aloud **Slide 30** but in my heart. I don't close my eyes, if there are friends around me. They don't realize that I'm praying

- **Franck**: Praying out loud, **Slide 31** it feels good, you can hear yourself talking to God but, sometimes, it's not true, you can do in your heart, in your head and God hears us too.

- **Paul**: If my friends saw that I was praying, **Slide 32** they would laugh at me. There are many who

don't believe in God.

**Slide 33** - *Franck*: Mockery hurts a lot. We all know that. Jesus also knew mockery and a very great wickedness. He can understand us. Many children do not believe in God, maybe they don't know him, they don't know he exists **Slide 34** but everyone has a right to be respected.

**Slide 35** - *Léa*: Once, I told my friends that I was praying and **Slide 36** they laughed at me but that's okay. **Slide 37** There is one, she has a lot of problems, she cries often, so she comes to see me. **Slide 38** We stand together in a corner and I ask God to help her. She is happy, she does not know Jesus very much but I tell her that he wants to help her, she begins to believe in him and, at home, I pray for her with my parents

**Slide 39** - *Paul*: I also sometimes pray with my parents, but I don't always want to, I don't know always know what to say.

**Slide 40** - *Franck*: We can tell God what's right, what's wrong, what's bothering us, what's making us feel bad what hurts us , what makes us cry or gives us joy, you say it with your words, maybe your prayer will not be long but what is important is that you say it in your words.

And prayer is not only **Slide 41** to ask, it is also to thank God for everything he made for nature, health, family, to tell him that we love him, that we believe in him, that we want to be agreeable to him, to obey him.

**Slide 42** - *Léa*: I don't always have good grades in school, so I ask God to help me understand and it gets better, I also pray for **Slide 43** my big brother and sometimes, I cry while praying, my mom too, my daddy, I don't know!

**Slide 44** - *Paul*: Do we have to pray every day? I sometimes forget to pray at night before I go sleep.

**Slide 45** - *Franck*: Before going to bed, you can thank God for the day. You see what went well and what didn't go well and you tell him about it. You can also ask him to watch over you, over your thoughts, your dreams. It is good **Slide 46** to fall asleep in peace, many children are afraid at night.

**Slide 47** In the morning you can bring him the day ahead, you don't know what's going to happen, what might happen, He knows it. **Slide 48** Quite simply, you can pray whenever and wherever you want. YOU are the one who decides to speak to your Father who is in heaven. You don't see him, but you know **Slide 49** he's there, that he loves you and wants your good.

**Slide 50** - *Léa*: Yes, I believe that. I have another **Slide 51** question.

- *Franck*: We're listening to you, Léa, go ahead!

**Slide 52** - *Lea*: Does he always answer, God?

**Slide 53** - *Franck*: Yes, God answers but not always as we think and when we would like. He knows what is best for us; and sometimes he gives way more than he was asked and he even sometimes gives when he has not been asked and other

times **Slide 54** he seems not to answer.

**Slide 55** - *Paul*: ah! Really?

**Slide 56** - *Franck*: God is the master of all things, he loves us and he also wants to teach us some things, he wants us to know him

better, and our confidence in him to grow. **Slide 57** So he can answer "Yes", sometimes **Slide 58** "No" and at other times **Slide 59** "Hold on».

**Slide 60** - *Paul*: So what do we do?

- *Franck*: We think about it: is what I ask God **Slide 61** good for me? Is it what **Slide 62** he wants?

**Slide 63** You read the Gospel and you see how Jesus answered prayers, it encourages you and helps you understand better. You can also talk about it with your parents or someone who can help and pray with you. And maybe it's much later that **Slide 64** you'll understand God's plan for you.

**Slide 65** - *Léa*: Often, I would like him to answer me right away!

- *Franck*: Yes, I understand but I will tell you again, **Slide 66** God knows what he is doing and he does the best even if we do not understand, do not forget He is **Slide 67** Our Father who loves us.

For today it is our last word. **Slide 68** Léa and Paul, a big thank you to both of you for participating today in our program, our exchange will help the children who listen to us. **Slide 69** See you soon!

**Slide 70**

**Slide 71 JINGLE 1, 2 3, 4 AND YOU AND ME!**

*Well done and thank you to **Slide 72** Léa, **Slide 73** Paul and **Slide 74** Franck, I find that everything they have just said answers many of our questions and it encourages me to keep praying.*

**Slide 75** *And you? Do you have moments when, alone or with your parents, friends, **Slide 76** you pray to Jesus? If you've never done it, I encourage you to do so, today for example, **Slide 77** when you want you can talk to God and if you have more questions, you will certainly have the answer in our next broadcasts.*

**Slide 78 4, 3, 2, 1 AND WE PARENTS!**

**Slide 79** *Praying with our children ... is a time of sharing, of communion. Children learn the respect for God, his greatness, his love. It's a calm moment when you sit down but which isn't always easy to set up because our children live all day in turmoil, zapping, movement, and now we ask them to stay put. So how do you do it? What is the right measure to maintain these moments? Is there a unique formula that is suitable for all families? **Slide 80** It's up to each of us to think about it.*

*Good habits are learned when you are little. So let's start from birth by praying out loud with baby.*

**Slide 81** *When he starts to speak, let's encourage him to repeat our words, to say thank you for the food, the family.* **Slide 82** *In the evening, turn off all the screens and enjoy the moment of bedtime to listen to our children, their joys of the day, their worries, their questions and pray with them and for them. We can enrich these moments by suggesting things to pray for. But also give thanks.*

**Slide 83** *Let's sing together. Let's Also encourage them to have their moments all alone with God.*

**Slide 84**

**Slide 85**