

Opening Prayer
Learning to Pray Like Jesus

First Grade (Level I)

Parent Meeting

January 2026

The Scriptures give us many instances when Jesus prayed to his Father. He made prayer a regular practice, and we should, too.

Read through the following Bible verses.

Select a verse, phrase, or word that stands out to you.

Ask yourself, “***What is God saying to you today?***” (A Scripture Reflection process)

Speak to God about what you have heard/learned.



Matthew 14:23- And after Jesus had dismissed the crowds, he went up on the mountain by himself to pray.

Luke 6:12-In those days, Jesus went out to the mountain to pray, and all night he continued to pray to God.

Mark 1:35-And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

Luke 5:15-16-...great crowds gathered to hear him and to be healed...But he would withdraw to desolate places and pray,

Mark 14:35-Jesus fell on the ground and prayed that, if it were possible, that hour might pass from him.



After reflection, make your prayer to God, including:

1. How can you **praise** him? (acknowledge who he is; his attributes; his character)
2. How can you **thank** him? (for what he has given you and for what he has done for you?)
3. Consider how you have fallen short of who God calls you to be? **Ask God for forgiveness. *If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9***
4. **Ask** for what is on your heart. Pray for your first grade child.



We praise you, Lord, for all you are.

All loving, all present, all forgiving; for starters!

Thank you for hearing our prayers.

Thank you for our lives, all the people we love, and who love us.

They teach us about your love.

Forgive us our sins.

Thank you for another chance to do right.

We offer up our needs to you, knowing you hear us, and will answer in your perfect time.

In Jesus' name, we pray.

Amen.



A Few Ways to Improve Your Prayer Life

First Grade (Level I) Parent Meeting

January 2026

Some Reasons to Pray

- ❖ How we present our needs and desires to God
- ❖ Underscores our dependance on God
- ❖ Helps us grow our faith and trust in God
- ❖ How we offer thanks and praise
- ❖ How we petition for the needs of others and ourselves

To Whom Do We Pray?

- THE HOLY TRINITY
 - God the Father=Creator
 - God the Son, Jesus=Savior
 - God the Holy Spirit=Guidance, Helper, Advocate, Comforter
 - The Holy Spirit is God's presence remaining on earth now that Jesus has returned to the Father.

How would your prayer life be different if you prayed to another person of the Trinity?

What can our prayers look like?

A.C.T.S

- **Adoration**=Praising God for who he is, his attributes, his names, or his character.
- **Confession**-Confessing your sins to the God who forgives (Sacrament of Reconciliation)
- **Thanksgiving**=Thanking God for what he has done.
- **Supplication**=Coming to God in prayer on behalf of others.

P.A.C.T.

- **Praise**=Adoration: Remembering his attributes, names, character
- **Ask**=Coming to God on behalf of others.
- **Confession**
- **Thanksgiving**=Thanking God for what he has done

The Lord's Prayer

- Includes all these elements of prayer
- Consider the phrase “Our Father”=Jesus shares his Sonship with us. We have been given permission to call God our Father, also!
- View Bishop Robert Barron’s short teaching: [Lord, Teach us to Pray](#)

When and How can we Pray?

“Pray without ceasing!”
1Thessalonians 5:17

- **WHEN**

- Find a time and place
- Plan ahead, equip yourself
- Create a new habit
- Get up a little earlier
- While you are waiting
- In the car/commuting
- Morning and/or night

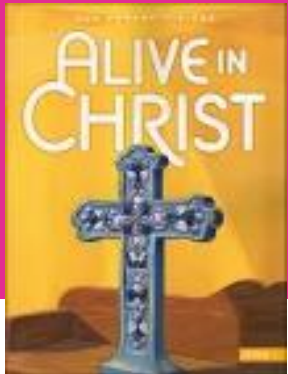
- **HOW**

- Include music, podcasts, spiritual reading, etc
- Acts of service
- Rosary
- Devotions ex: Stations of the Cross
- Morning and Evening Prayer (Give Us This Day)
- [Click Here for Information](#)
- ***Mass***
- Share your ideas on prayer

Alive In Christ

Unit 3- p. 114-
Jesus Christ

Unit 4-p. 149
The Church



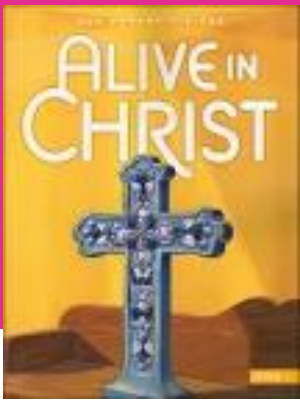
• Unit 3-Chapter 8-Jesus Teaches Love

- Family + Faith-p.133
 - Good to start here-Your Child Learned
 - Scripture Reflection
 - What Do You Wonder?
 - Take a break if you (or your child) needs it.
 - St. Thomas-p. 131
 - Let Us Pray-p. 132-
"Praying with God's Word"
 - *Start and end sessions with prayer!*

Chapter 9-Jesus Teaches us to Pray

- Faith + Family-p.143
- Scripture Reflection
- What Do You Wonder?
- Children should learn The Lord's Prayer-p. 139 & 140
- St. Ephrem-p. 141
- Always use Let Us Pray-Ending Prayer-p.142
- Consider Chapter and Unit Reviews pp. 144-147

Unit 4- The Church p. 148



- **Chapter 11-The Church's Guide-p. 159**

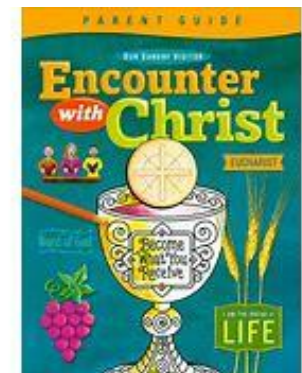
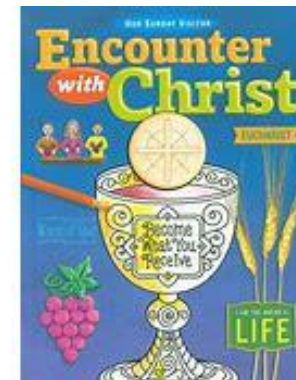
- The Holy Spirit
- Family + Faith-p. 167
- Scripture Reflection-p. 169
- What Do You Wonder?
- Lesson Plan on website can give helps.
www.Aliveinchrist.osv.com
- St. Rose of Lima-p. 165
- Let Us Pray-p. 166

- **Chapter 12-Friends of God-p. 169**

- The Saints
- Has a CST Vibe (begin p. 288)
- Family + Faith-p. 177
- What Do You Wonder?
- Learn more about the Saints
- St. Dominic-p. 175
- Let Us Pray-p. 176
- Chapter and Unit Reviews pp.178-181

Encounter
With
Christ
Chapter 2
“We Gather”
p. 19

- Keep these books for next year!
- Use the Parent Guide-pp. 6-9 and videos on website, for students and parents
- Preparation for you-Parent Guide-pp. 20-21
- Short videos for each part of the chapter
- Entering the Mystery/We Gather Together
- We Live The Way
- My Family in Our Parish
- Family Prayer-In Parent Guide



Winter 2026 Calendar Highlights

- January is [Poverty Awareness Month](#) Visit the website, and Catholic Social Teaching Alive in Christ pp. 288-301
- Baby Bottle Campaign benefitting the Life Center of Long Island-Jan. 24-Feb. 15
- Jan. 24/25-Word of God Sunday. Bring you-or your child's-Bible to Church to be blessed!
- Ash Wednesday is Feb 18. Mass 9am & 79m; Service 12 noon and 4pm
- CRS Rice Bowl Lenten Giving Program. Get your rice bowl at Church.
- First Grade Lenten Gathering-Thurs. Feb. 26, 4:30-5:45
- Spring Parent Meeting on Tuesday, March 24 @7pm vis Google Meet

Winter 2026 Calendar Highlights

- Family Mass and Hospitality-Sunday, Feb. 1 at 9am. Will include a blessing of the throats
- Liturgy of the Word with Children-9am Mass on January 25, February 8, March 8, 15, 22
- Mass at 12 noon every Wednesday of Lent
- Stations of the Cross-TBD
- Family Mass and Hospitality-Sunday, March 1 at 9am.
- See parish website www.stlawrencesayville.org for updated and new information

Closing Prayer

Thank you for setting aside this time.

Any questions call 631-589-3160 or

Email: jrico@stlawrencesayville.org