

# Teacher Quick Guide Card



## HOLY HABITS CHALLENGE



# MAKE TIME FOR GOD



**MAKE 15 MINUTES DAILY TO PRAY WITH THE SACRED SCRIPTURES.**



**MAKE 15 MINUTES DAILY TO PRAY THE ROSARY.**



**MAKE 15 MINUTES DAILY TO VISIT THE BLESSED SACRAMENT.**

## ***The Background***

Making time for God is all about prayer, which means it is about the most fundamental of all the habits of discipleship. We cannot be in relationship and friendship with God without prayer. Paradoxically, we also cannot pray without the Holy Spirit, which means that God has to, and desires to, help us talk to Him. More deeply, God always desires to help us to listen to Him.

Christians have made a regular habit of praying with the Scriptures for centuries. The classic method for doing so is Lectio Divina, which means sacred reading. Lectio can be done privately or in a group setting like a classroom. To do it, a short passage of Scripture is chosen, and one person reads the entire passage through at an even pace while all present read along, paying attention to any words or images that stand out to them. After one reading, the leader invites anyone to comment on the words or images that stood out, explaining why. The passage is then read again, with commentary afterwards, again. Silence is also important between the readings.

If all of that is too orderly for a classroom, then it is enough to simply read through a short bible story and talk about its lessons.

The Rosary goes back several centuries in the Church. It developed as a means for illiterate persons to pray simple memorized Scriptural phrases (the Lord's Prayer, portions of the "Hail Mary"), while thinking about important events, or mysteries, from the life of Jesus and the Blessed Mother. The 150 "Hail Mary's" were a lay persons version of reciting the 150 Psalms that the literate monks prayed regularly.

Today it remains a beautiful way to focus on how the Blessed Mother would have seen her Son Jesus at the pivotal moments of their lives. Students can easily learn the routine of saying the prayers on the right beads even if the task of meditating on the mysteries may come more slowly to them.

Prayer before the Blessed Sacrament in the tabernacle also has a long history in the Church. Essential to the prayer is the believer's assent to the teaching that Jesus really is truly present in the Eucharist in a way that is unique and unrepeatable in other settings in this life. Knowing God is near helps move hearts to be open to Him and to find peace. With a simple explanation that Jesus really is in the tabernacle, students can learn to sit in the quiet as a habit that they will grow into.



## ***Useful texts:***

### ***Spiritual Communion Prayer (before the Blessed Sacrament)***

"I wish, my Lord, to receive you with the purity, humility, and devotion with which your most holy Mother received you, with the spirit and fervor of the Saints."

### ***Holy Habit Pledge:***

"I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness."

## ***A Saint for the Habit:***

- **The Blessed Mother:** Mary is at center stage of any real devotion to the Scriptures, the Rosary, and the Eucharist.
- **Saint Jerome:** The man who painstakingly translated the Scriptures into Latin.  
Feast Day: September 30th.
- **Saint Teresa of Avila:** The Spanish mystic who helped teach the world how to pray.  
Feast Day: October 15th

## ***Classroom Tips:***

- Incorporate the Habit and Logo on a classroom board.
- Pray the rosary together as a class, or, pray one decade/one mystery together.
- Select a few Scripture stories to read together as a class and talk about the characters, settings, and lessons together.
- Visit the parish church worship space as a class to spend a few minutes in silence before the tabernacle.
- During class prayer time, pray aloud for the intentions and needs on the hearts of the students.

## ***Catechism Connection:***

- See *Catechism of the Catholic Church* sections 1177 and 2708 on Lectio Divina.
- See *Catechism of the Catholic Church* sections 971, 2678, and 2708 on devotion to the Blessed Mother and on the Rosary.
- See *Catechism of the Catholic Church* sections 1373-1381 on the Real Presence of Christ in the Eucharist and the worship of the Eucharist.

