

Session Plans

Baptism Trail

Parent/Catechist Formation Session

Explanation of Trail:

Talk:

Meditation:

First Hiker Formation Session (Takes place at the same time as the Parent/Catechist formation session. The youth and the youth ministry core team members are the kids' catechists.)

Why? (for Trail map)

Because prayer helps us grow in our relationship with God.

Goal (for Trail map)

To learn how and why we pray.

Equipment (for Trail map)

1. Five Finger Prayer instructions
2. Meal Prayer instructions

Mileposts (for Trail map)

1. Why do we pray?
2. Our Father
3. Five Finger Prayer
4. Family Shrine
5. Meal Time Prayer

Goals (detailed)

1. To understand that we pray to grow in relationship with God, the Father, Son, and Holy Spirit.
2. To learn how Jesus taught us to pray. Jesus teaches us the Our Father and says that this is how we are to pray (Matthew 6: 9-13, Luke 11: 2-4)
3. To learn how to pray for others and for our own needs using the Five Finger prayer outlined by Pope Francis
4. To grow in prayer as a family.

Scripture and Church Documents

1. Matthew 6: 9-13, Luke 11: 2-4
2. CCC

Second Hiker Formation Session (taught by parents and catechists)
See the additional resources page for extra activities with Our Father.

Milepost 1: Why do we Pray?

Explain why we pray and the importance of prayer in our lives.

- We pray to grow in relationship with God, the Father, Son, and Holy Spirit.
- Jesus taught us to pray

Read Scripture verse:

Have student's find the pages and read with you.

Activity : With a partner talk about why we pray.
Share with the group.

Things we want to pray for:

Fill in the heart with everything in your life you are thankful for, Write on the back:

- the things that you need help with
- if someone is hurting you
- how you hurt someone
- prayers for family members or friends
- miscellaneous

Milepost 2:

Be able to pray the Our Father without assistance.

- Jesus teaches us the Our Father and says that this is how we are to pray (Matthew 6: 9-13, Luke 11: 2-4)

Activity: Make a prayer bracelet.

Get into groups, break the Our Father apart, have each group come up with a poster and actions to what their part means.

Practice as a group to say Our Father. Have student's say it with partner. Challenge each other to who can say it all themselves. Also who can tell us what it means.

Activity: Throw all the words of the Our Father on the ground. Have student's pick them up and put all the words in order. Then throw pictures

of the words on the floor. Have the students find the words that match the meaning and put them in order. Or play Class vs Teacher with cards.

Third Hiker Formation Session (taught by parents and catechists)

Milepost 3: Learn the Five Finger Prayer (one way to pray)

- How to pray for others and for our own needs using the Five Finger prayer outlined by Pope Francis

1. Five Finger Prayer

- a. “The thumb is the closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a ‘sweet obligation.’”
- b. “The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.”
- c. “The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. They need God’s guidance.”
- d. “The fourth finger is the ring finger. Even that it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.”
- e. “And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective, and also you will be able to pray for your own needs in a better way.”

Activity: Have student’s make a poster using their own hands and label each part. Write on the back things they would pray for. Practice different types of prayers with the kids. *Explain there is NO wrong way to pray.*

Milepost 4:

Work with your family to create a family shrine in your house.

- Grow as a family in prayer

Show examples of what kind of shrine you can have in your house. Model each class. Have student's make a plan for their prayer space. Sketch it out and share if they would like.

Pray the Our Father as a group. Ask children if they have any special prayers they would like to share as well.

Activity: (extra) Our Father puzzle – color and cut out

Milepost 5:

2. Pray a meal prayer everyday with your family.
 - a. Pray a meal prayer everyday with your family. During the prayer every family member gives thanks for something they experienced that day.

Take time each class to say prayers.

1. Read the bible with the class
2. Memorized prayers
3. Open prayers with group

Take time each class to help each student to learn and apply the mileposts. Remember every child learns differently.

Forth Hiker Formation Session (taught by parents and catechists)

5. Learn about the Baptismal Rite.

Be present at a Baptism.

Learn the meaning of anointing with Chrism.

Learn the meaning of the white baptismal garment.

Activity 1 : Teacher demonstrates *role plays* a baptism. (bring in props)
(picking student's to be part of this)

1. Naming the child
2. Sign of the cross
3. Liturgy of the word
4. anointing with oil
5. Renunciation of sin & profession of faith by parents and godparents
6. Immersion of pouring of water
7. Anointing with oil of chrism (forehead)
8. Clothing with white garment
9. Lighting of candle from Easter Candle

Activity 2: Pass out cards for each step. (each kid gets their own card) Have student's get in order of the steps. Have each student tell what their card is and why it is important.

5. Work on trying to memorize the Apostles Creed to the best of your ability. Practice saying this at home and at each class- Color the picture of apostle's creed as you discuss its meaning.

As kids learn their mileposts each class mark student's off. Make sure to know your kids and work with everyone at their ability. Review the mileposts with kids by having a "Celebration of Knowledge" at the end of each class.

See the additional resources page for extra activities with Prayer.