



Parent/Guardian/Catechist - Just Teach Sheet

Week 1: Talking to God

August Theme: Prayer & Personal Relationship with God

For Ages 7+ (with parent or catechist)

Focus: What prayer is, and how to begin a relationship with God



Weekly Goal

The child learns that prayer is a conversation with God—one that begins now and will deepen throughout life and into eternity. We are made for relationship with Him.



What You'll Need

This sheet

A Bible (optional—scripture is printed here)

A quiet space or corner for prayer (can create during the week)



Opening Prayer (*Use Daily*)

Say this slowly together at the start of each session or bedtime:

Lord Jesus, I want to know You and love You more.
Teach me to speak with You like a friend.
Help me to listen when You speak to my heart.
Amen.

Day 1 - What is Prayer?

Say aloud:

What do you do when you love someone? You talk to them. You spend time with them.

That's what prayer is: **spending time with God**, who loves you more than anyone.

Even when we don't know what to say, God listens.

Catechism (CCC 2559):

"Prayer is the raising of one's mind and heart to God..."

Read Psalm 63:1 (child-friendly):

"O God, You are my God, I seek You;
my soul thirsts for You like dry ground without water."

Ask:

"What do you think it means to thirst for God?"

→ We need God like we need water.

→ Our soul wants God most of all.

→ God wants us to look for Him and talk to Him.

Say together:

"Jesus, I'm here. I want to talk to You."

Day 2 - Create a Prayer Space

Say aloud:

Let's make a special place where you can meet Jesus every day.

Together, choose a small place at home (a windowsill, shelf, or table) and add:

a cloth or napkin

a cross or rosary

a children's Bible or picture of Jesus

a candle (real or battery-operated)

Ask:

"Where do you want to pray?"

Let the child arrange the items with care and reverence.

Use it each day this week—even for just 1–2 minutes.



Day 3 - God is Always Listening

Say aloud:

Some people think God only listens when we're in church, or when we're really holy.

But that's not true. God listens **always**—because He loves you.



Jeremiah 29:12:

“When you call on Me and pray to Me, I will listen to you.”

Ask:

“When can we pray?”

→ Anytime—morning, night, happy, sad

→ God is *never too busy*

→ We don't need fancy words—just a loving heart

Simple practice:

Pause in silence for 10 seconds.

Then ask the child: “Did you feel quiet inside?”

Say: “That quiet space is where we can listen for God.”



Day 4 - Different Ways to Pray

Say aloud:

We can pray in different ways:

Talking to God (tell Him what's in your heart)

Thanking Him (for your family, friends, the day)

Asking for help (for yourself or others)

Saying sorry (if you've done something wrong)

Just sitting with Him (like being with a best friend)

Ask:

“Which kind of prayer do you like most?”

Encourage them to try a new way today.

Simple challenge:

Each day, try one of these five ways.

Write down or draw what you talked to God about.

Day 5 - Begin a Prayer Habit

Say aloud:

The best way to get close to God is to talk to Him every day.
You don't need to say much. Just be real.

Suggested prayer routine (any age):

Begin: "Lord Jesus. It's me."

Say something you're thankful for

Tell Him how your day was

Ask Him to help someone you love

End: "I love You. Amen."

Let the child create their own version, or decorate it in a notebook.

Weekend Wrap-Up - What Did You Learn About Prayer?

Ask each of these slowly and let the child answer or draw their response:

"What is prayer?"

→ Talking and listening to God

"Does God always listen?"

→ Yes, because He loves me

"What did you tell God this week?"

→ Let the child share or draw a picture

"Where do you like to pray now?"

→ Their prayer space

Prayer Prompt or Journal Space

Encourage the child to finish this sentence:

"Dear Jesus, I want to talk to You because..."

Let them write or draw a response. You can revisit this later to see how their understanding grows over time.



Apologetics for Parents (Talking Point)

“Why do Catholics pray to saints?”

We don’ t pray *to* saints as if they were God.

We ask them to pray *with* us—just like we ask friends to pray.

Only God receives worship, but we honour the saints because they’ re close to Him.



Optional Extension (Older children or adults)

Read CCC 2560:

“Jesus thirsts; His asking arises from the depths of God’ s desire for us. ”

Reflect:

God is not far away—He’ s *seeking us*.

What does it mean that God wants *you* to pray?