

Lesson Plan

Subject/Course: Religious Education - **Secondary**

Topic: **Prayer and Meditation. (Extra focus on Lent and Easter).**

Liturgical Season: Lent, Holy Week, Easter

Important Feast Days: Ash Wednesday, Palm Sunday, Good Friday, Easter Sunday

Lesson Title: How to connect with God through prayer and meditation

Lesson Objectives

- To understand the importance of prayer in our daily lives and in the liturgical calendar
- To enable students to have a deeper understanding of developing faith through prayers
- To be aware of other forms of prayer practice such as meditation, mindfulness and prayers from other inter faith traditions
- To identify sources of prayer from scripture, church leaders, saints and traditional prayer structures such as the rosary.
- To deepen understanding of the passion and resurrection of Christ through visual literacy and virtual images of Stations of the Cross.

Summary of Tasks/Actions

Scripture Lesson Plan: Verses from the Gospel and Old Testament

Facts and Inquiry Activity Sheet: Narrative text, visual literacy, creative activities, research assignment.

Theme Prayer Sheet: Traditional prayers and reflection from Prayer Journals and Bible

Bonus Lent and Easter Sheet: Activities targeted at this liturgical season with relevant prayer formats

Material/Equipment

- Internet for research
- CD player or Mp3 for music
- Blank journal or materials to create a blank journal

References

- *The Australian Catholic Youth Prayer Journal*, Ann M. Rennie
- *The Catholic Youth Prayer Book*
- *The Catholic Youth Bible*
- *YouCat Prayer Book*
- *A Friendly Guide to Prayer*, M. Whelan
- *Walk 4 One*, Samuel Clear
- *Virtual Meditations: Stations of the Cross (14 cards)*
- *Stations for Teens: Meditations of the Death and Resurrection of Jesus*, G. Egebert
- *Words for the Journey for Teens, Ten-minute Services for Schools*, L. Freeman, L. Miller, M. Rapallo-Ferrara
- *Bring Forth Hope*, C Ryan
- *Guided Meditations for Young Catholics with CD*