



# *Praying as One*

A faith formation session for  
Sandhurst staff in:

*A Prayer Guide for  
Catholic Educators Today*

**Spirituality and Faith Formation  
Sandhurst**



# Welcome to Praying as One

This faith formation session aims to:

- Introduce staff to this essential guide
- Assist staff in understanding the importance of prayer in Catholic education
- Build knowledge regarding sacred space and the liturgical year
- Explore how to lead Christian prayer successfully
- Build knowledge and confidence in using Scripture in Christian prayer

*'Christ is at the centre of the Catholic education enterprise. We grow in our relationship with him and in our discipleship of him through prayer...and through service in the community. Our aim in all we do in Catholic education is to make Christ known and loved. We meet him in the Catholic school community.'*

*Praying as One, p. 2.*

**Fr Brian Boyle EV**

***Episcopal Vicar for Education***

*In pairs or small groups enter a respectful, open dialogue about your experience and understanding of prayer.*

*As a whole group, invite participants to share their responses.*

# Introduction

*'God reveals Godself to the whole of creation  
as grace and boundless love.'*

Praying as One, p. 3.

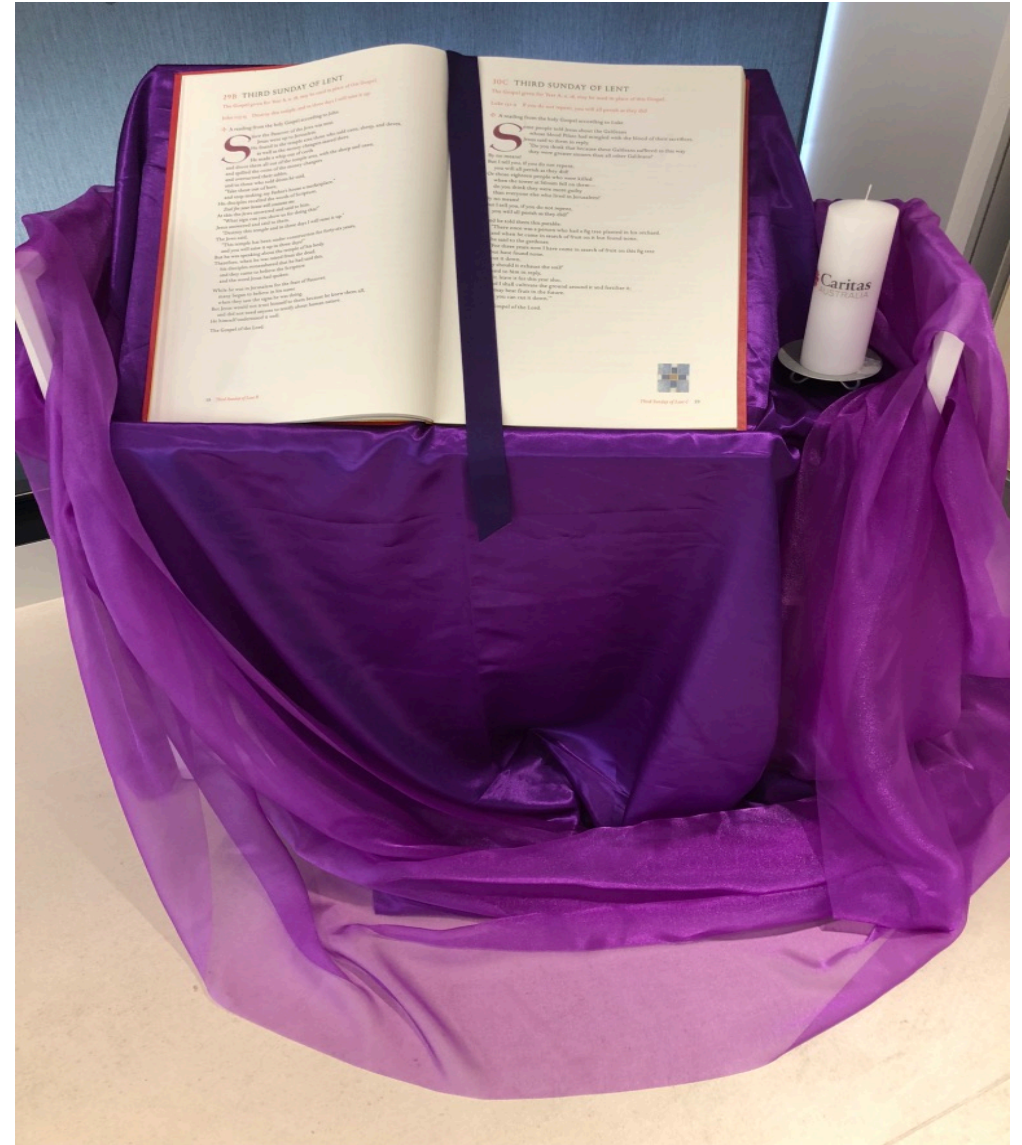
- In small groups divide up the Introduction (p. 3)
- Take a section each and read
- Highlight your findings
- Feedback your small group findings to the whole group
- Invite participants to share any wonderings/curiosities

# Sacred Space and the Liturgical Year

*'A sacred space is an interior or exterior area in a Catholic school that represents the symbolic essence of our Catholic Identity.'*

Praying as One, p. 4

- Individually, read p. 4
- Note any new learnings for you
- Dialogue with a partner



# Sacred Space and the Liturgical Year

*'The liturgical year is made up of a cycle of seasons that signify various moments in the life of the Catholic faith.'*

*(Praying as One, p.4)*

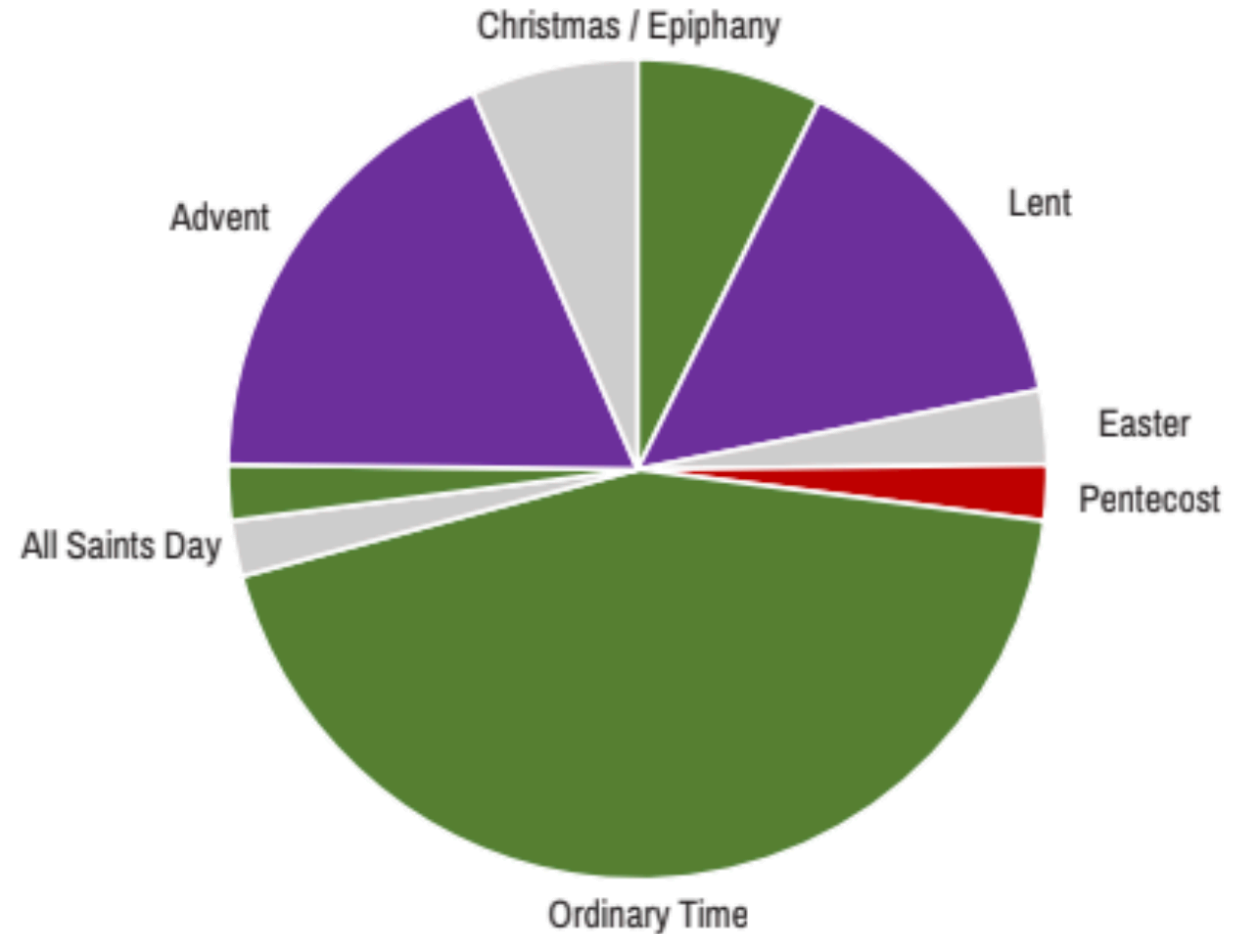
***Advent, Christmas***

***Ordinary Time***

***Lent, Easter***

***Ordinary Time***

Outline the liturgical year, its key elements and symbols



# Leading Staff Prayer

## Elements to Include in Staff Prayer

- Centering
- Trinitarian Theology –  
Father, Son & Holy Spirit
- Sign of the cross
- Balance silence & word
- Liturgical correctness
- Scripture (core of Catholic faith)
- Correct terminology  
(eg. The Gospel of the Lord)
- Self reflection and spiritual connection  
with Scripture

Today, not all staff in Catholic education have a strong background or experience of the Catholic faith. This should not preclude us from celebrating and expressing our faith through Christian prayer.

In small groups, identify your experience of leading staff prayer and share with the whole group.

How can we improve in our practice of leading staff prayer?

**Prayer arises from the Catholic Faith  
Reflections Arise from a Secular Culture**

*Reflections are different from prayer.*

*Reflections are values driven.*

*Reflections have little connection to the Christian tradition.*

*Reflections have no connection to the liturgical year.*

*Reflections don't acknowledge God as the loving creator of all reality, Christ or the Holy Spirit.*

*Reflections do not promote a deepening of our loving relationship with a Trinitarian God.*

*Reflections are often found on YouTube.*



# Leading Student Prayer

*Children and adolescents are innately spiritual beings. They continuously search for their identity, make meaning of their lives and imagine a new future for our world that is ethically sound and deeply rooted in creation.*

*Christian prayer provides a framework for this to evolve.*

Read p. 10 from *Praying as One*

- Conduct a quick self audit against this list.
- Identify how this compares to your experience of leading student prayer.
- Discuss how your capacity to lead student prayer can be improved in the future.

# Praying With Scripture

Scripture is the core of our Catholic faith. Including Scripture in prayer is vital to the prayer experience.

There are many ways to incorporate Scripture into prayer.

Creativity, imagination and wondering are essential elements of this experience.

- Divide up p. 13-15 of *Praying as One*
- Read your section and share your findings with the group.

Allow staff some time to dialogue about any concerns they have with incorporating Scripture into the prayer experience.

# The Ignatian Examen (p. 24)



*Becoming aware of God's presence*

*Review our day with gratitude*

*Pay attention to your emotions*

*Choose one feature from your day  
and pray with it*

*Look towards tomorrow with trust*

- Read over *The Examen*, discuss the role this important form of prayer can take in Catholic education.

# Setting My Personal Goal For Prayer

- In a small group, reflect on your formation experience around *The Prayer Guide*.
- Identify 2-3 personal goals that you can set yourself personally and professionally over the coming year.