Prayer Bag – Phase 5/6

How to use the Prayer Bag

You will take the prayer bag home for a week. Once over the week use the Wednesday Word to lead a Gather, Listen, Respond & Go Forth prayer session with your family. On the other days use the 5 Finger Prayer and 5 Types of Prayer to lead prayer sessions with your family or on your own. Use the 5 Finger Prayer at least once and the 5 Types of Prayer at least once. Make sure that over the week you have used the 5 Finger Prayer and the Types of Prayer for your prayer sessions. You can also use the Prayer at Home Newsletter.

Once a week use the Wednesday Word and the following approach.

We Gather
Find a quiet space at home. Take the items out of your prayer bag and lay the cloth out on the floor or a table. Place the other items in the bag on top.
Make the Sign of the Cross.

We listen
Read the gospel in the Wednesday Word on the first page.

We Respond
On the second page use the sections 1 and 2 to ask your family to think, talk and share your thoughts about it. You might even like to have a short time of silence to think about what you have heard. Then ask your family to say some of their own prayers or share some well-known prayers of the Church. Y

We Go Forth
Use section 3 of the Wednesday Word to discuss how you can live out the message from the Gospel this week.

End with a prayer – you can use the prayer on the Wednesday Word or say your own

Make the Sign of the Cross.

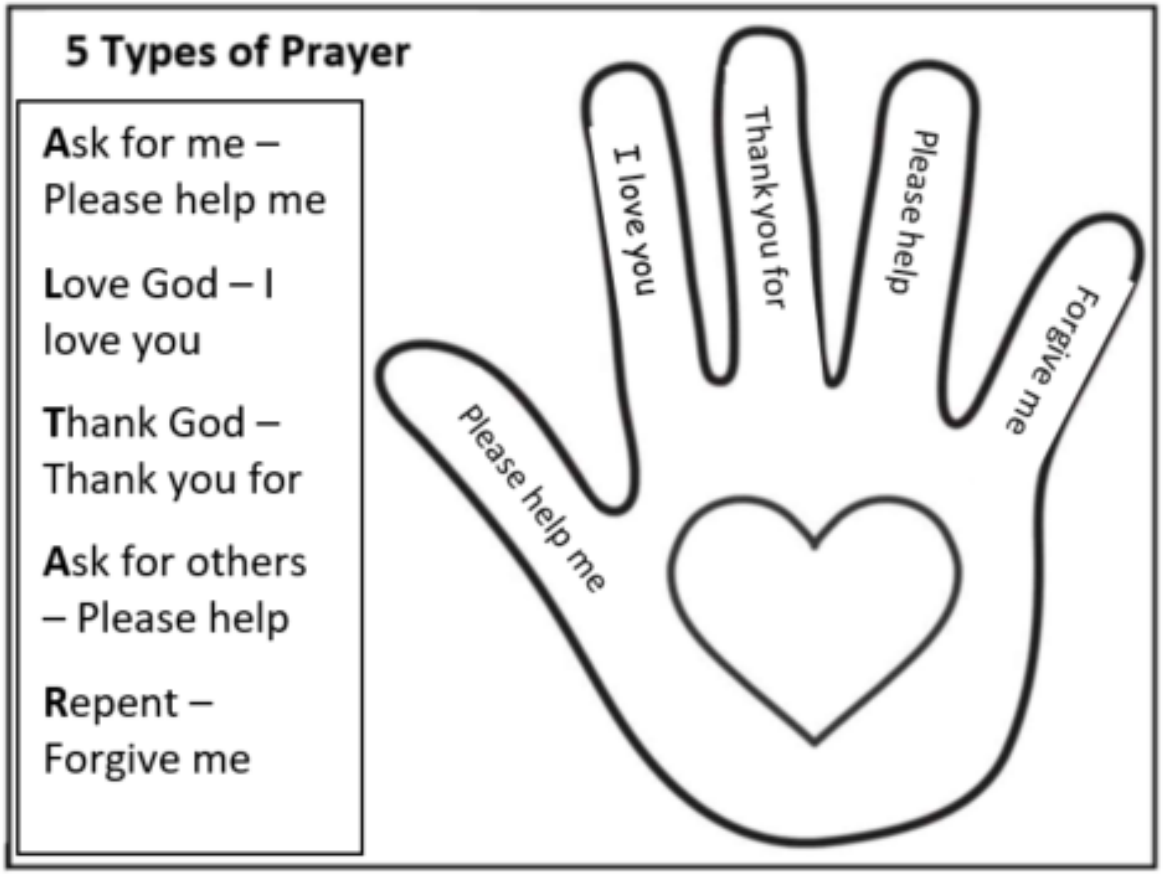


Gather – Find a quiet space at home. Take the items out of your prayer bag and lay the cloth out on the floor or a table. Place the other items in the bag on top.

Make the Sign of the Cross.

Say the 5 Finger Prayer or one/some of the 5 Types of Prayer





End with the Sign of the Cross

A prayer diary is also included for you to record their thoughts, feelings, prayers and intentions before returning to school (your parents can help you with this). We ask that you record in this once during the week. You can add a picture of your holy space and/ or you using this space.