

# Anchor Family Faith Formation

04/10/2024



Families Anchored in Christ

# Announcements

- Consider being a Catechist for next year
- Formed Subscription
- Family Adoration: May 2nd 6-7pm
- SPY Extra Meetings-Sunday, 4/21
  - SPY 1 from 12:30-2:00pm
  - SPY2 from 2:30-4:00pm
- Attendance Policy for SPY children
- March for Life, Mother Daughter Tea, FIRE Foundation of Denver

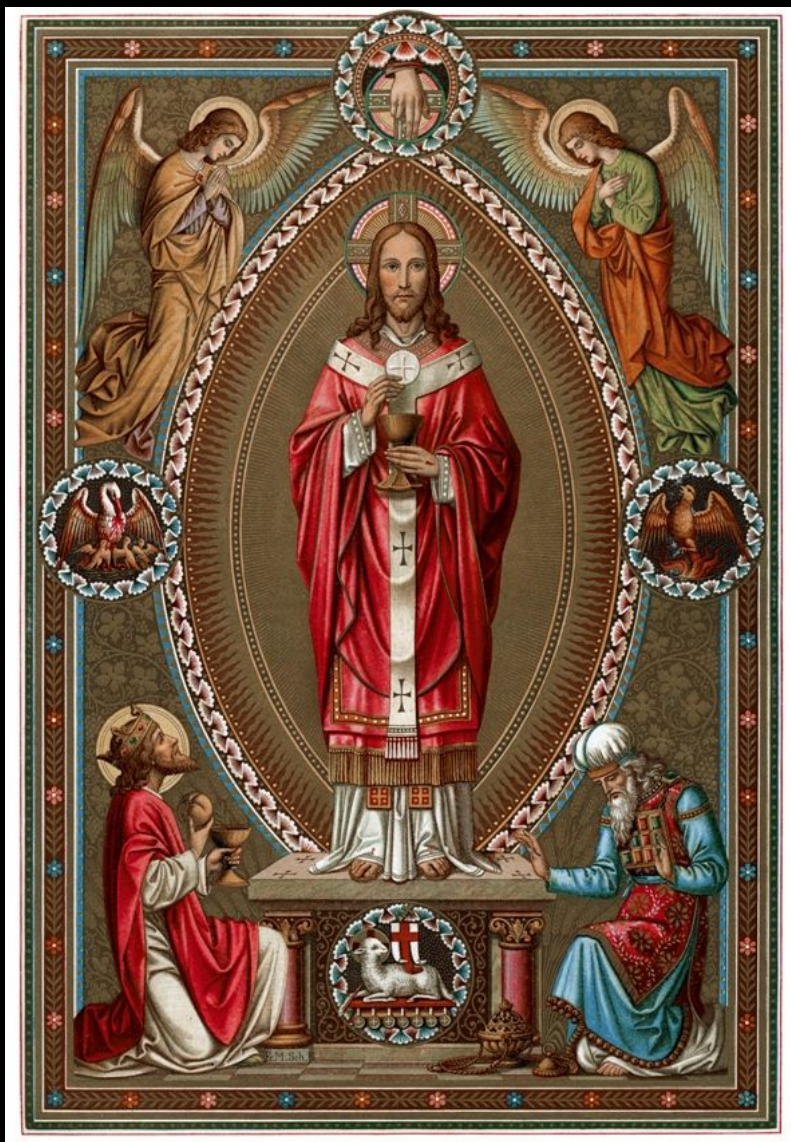
Public Prayer

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Communion w/Christ







## Jesus, The Great High Priest

Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

(Hebrews 4:14-16)

Public prayer

vs.

Private Prayer

# Private, or personal, prayer:

- Daily Meditation
- The Rosary
- Lectio Divina/Visio Divina
- Adoration
- Praise and worship music

# “Public” prayer

## (a.k.a. Liturgy)

- The Holy Mass
- The Liturgy of the Hours
- Celebration of Reconciliation, Baptism, Anointing of the Sick, etc.
- Liturgy of the Word



In public prayer, Jesus  
Christ is the main actor,  
joining His Bride to  
Himself, in His perfect  
worship of the Father.

# Communion

Communion

Co - munus

# Communion

## Co - munus



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with

duty, office, job

# Communion

Co - munus



with

duty, office, job

Communion = sharing a job



Communion = sharing a job

# What Does Jesus Do? What's His job?

Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us. (Romans 8:34b)





The former priests were many in number, because they were prevented by death from continuing in office, but he holds his priesthood permanently, because he continues forever. Consequently, he is able to save for all time those who draw near to God through him, since he always lives to make intercession for them. (Hebrews 7:23-25)

3. When [Jesus] came to give men and women a share in God's life... "Christ Jesus, the high priest of the new and eternal Covenant, took our human nature and introduced into the world of our exile that hymn of praise which is sung in the heavenly places throughout all ages." From then on the praise of God wells up from the heart of Christ in human words of adoration, propitiation and intercession, presented to the Father by the head of the new humanity, the mediator between God and mankind, in the name of all and for the good of all. (GILH)

“God could give no greater gift to mankind than to give them as their head the Word through whom he created all things, and to unite them to him as his members, so that he might be Son of God and Son of man, one God with the Father, one man with men. ...”



“So, when we speak to God in prayer we do not separate the Son from God, and when the body of the Son [the Church] prays it does not separate its head from itself, but it is the one savior of his body, our Lord Jesus Christ, the Son of God, who himself prays for us, and prays in us, and is the object of our prayer. He prays for us as our priest, he prays in us as our head, he is the object of our prayer as our God. Let us then hear our voices in his voice, and his voice in ours.”

You are a  
chosen race ...



... a royal  
priesthood.  
(1 Peter 2:9)



“[The Psalms are] inseparably personal and communal; they concern both those who are praying and all men. The Psalms arose from the communities of the Holy Land and the Diaspora, but embrace all creation. Their prayer recalls the saving events of the past, yet extends into the future, even to the end of history; it commemorates the promises God has already kept, and awaits the Messiah who will fulfill them definitively. Prayed by Christ and fulfilled in him, the Psalms remain essential to the prayer of the Church.”

(CCC 2586)





“[The Psalms’] many forms of prayer take shape both in the liturgy of the Temple [the Church] and in the human heart. Whether hymns or prayers of lamentation or thanksgiving, whether individual or communal, whether royal chants, songs of pilgrimage or wisdom-meditations, the Psalms are a mirror of God’s marvelous deeds in the history of his people, as well as reflections of the human experiences of the Psalmist. Though a given psalm may reflect an event of the past, it still possesses such direct simplicity that it can be prayed in truth by people of all times and conditions.”

(CCC 2588)

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... a royal  
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We have **COMMUNION** with Jesus, because we share in his priesthood. We therefore intercede for the entire world, and we sanctify the entire world. We pray the words of salvation on behalf of all people. For those who don't have the words.



# The Parts of Mass

Liturgy of the Word

Liturgy of the Eucharist

# The Parts of Mass

Liturgy of the Word



God offers Christ (the Word) to the Bride

Liturgy of the Eucharist

# The Parts of Mass

Liturgy of the Word



God offers Christ (the Word) to the Bride

Liturgy of the Eucharist



The Bride offers Christ (the Word) back to the Father

# SMALL GROUP DISCUSSION QUESTIONS

## Table Discussion Questions:

1. Do you feel you're more proficient at Private/Personal Prayer, or Public/Liturgical Prayer? Why?
2. What's your general experience of the Responsorial Psalm at Mass? Prayerful, or more "zoned out"?
3. What is your favorite Psalm? Or the one that sticks most clearly in your head?  
(Please read it to the Group! Feel free to search on your Phone!)
4. Communion means "sharing a job." Besides praying for the world, what other "jobs" do you share with Jesus? Are you aware that you do these things *with* Him and not just by yourself?

# Resources





# Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash  
me. Passion of Christ, strengthen  
me.

O Good Jesus, hear me. Within thy  
wounds hide me. Separated from  
thee, let me never be. From the  
malignant enemy, defend me. At  
the hour of death, call me and close  
to thee bid me, That with thy saints  
I may be praising thee For ever and  
ever. Amen.

