

PRAYER

Aim

- To help the young person explore various forms of Christian prayer and why we pray.

Resources

Leaders

- Catholic Youth Bible
- Prayer cloth, cross, candle
- Electronic device – laptop/tablet for YouTube links

Young People

- Catholic Youth Bible
- Journal
- Fuel – The Daily Catholic App

Preparation for Catechist

Spend some time in prayer for the young person.

Think of your own stories and be ready to share these.

Background

Information for the Catechist

One of the ways that people live a Christian life is through prayer. Prayer is another richness of our faith. It sustains us in the good and bad times, in the happy and sad times. Our prayers can take many forms. We can't be the people we are called to be unless we have a prayer life – this involves putting in the time to pray.

There is a lot of information in this session – pay attention to the area or type of prayer that the young person is interested in, and focus the session on that area.

Through our Baptism, we are called to be people of light. We do this by saying “Yes” and bringing God into our life and to the lives of others.



Reflection

As we gather, we light a candle to remember that Jesus is the light of the world.

Sit quietly and listen to the guided meditation. Think back over your day and the week since we last met.



Video

“Quietly” - A new Instrumental Piano Album from Scripture Lullabies:

https://www.youtube.com/watch?v=e06_n9m9jbA

Video **Link 7.1**



Thinking back over your day, is there something you would like to pray about? You can pray out loud or in your own mind.



Follow up from last session

In the last session we looked at the Mass.

Check to see if there were any questions arising from the session or from the Journal.



Exploring Part 1

Prayer

God loves us and wants us to have a relationship with him. We develop and maintain a relationship with God through prayer. As we do with our friends, we share good things and bad things that happen in our day.

It is one of the ways that people live a Christian life. Prayer is another richness of our faith. It sustains us in the good and bad times, in the happy and sad times. Our prayers can take many forms.

Three types of prayer:

Private prayer Prayer that you do alone, anywhere. You can pray while doing any activity.

Communal prayer Anywhere you gather as a community to pray.

Liturgical Includes Mass or any liturgy that follows ritual.

How can you pray?

Do you pray on the go – such as on the way to an exam or doing some chores?

Where do you pray?

What do you pray about?

Why do you pray?

We pray to create a relationship with the Lord. Start with 5 mins a day – see how that works.

Prayer is opening our hearts in conversation with God. Prayer is a conversation with God and it helps us to have a relationship with God.

We can say prayers of:

Blessing

An example of a Blessing is in the book of Numbers.

 Numbers 6:24-24

The Lord bless you and keep you;

the Lord make his face to shine upon you, and be gracious to you; the Lord lift up his countenance upon you, and give you peace.

Praise

An example of praise is in 1 Chronicles.



1 Chronicles 16:34-36

O give thanks to the LORD, for he is good; for his steadfast love endures forever.

Thanksgiving

An example of thanksgiving is found in the gospel of Luke



Luke 10:21

At that same hour Jesus rejoiced in the Holy Spirit and said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will.



Meister Eckhart

If the only prayer you ever say in your entire life is thank you, it will be enough.

Petition and intercession



The Lord's Prayer

Our Father, who art in heaven
hallowed be thy name;
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil. Amen.

Repentance



Prayer of Sorrow or the Act of Contrition

O My God,
I am very sorry that I have sinned against you,
because you are so good,
and with your help
I will not sin again.

Meditative prayers

An example of a meditative prayer is in Psalm 46.

 Psalm 46:10

Be still, and know that I am God!

The website below has a simple three minute daily meditation. The Three-Minute-Retreat is also available as an app for phones and tablets:

www.loyolapress.com/3-minute-retreats-daily-online-prayer

Resource **Link 7.2** 

Other forms of Prayer

- We can pray by contemplating the scriptures.
- We can pray by journaling as a way to talk to Jesus.
- We can pray when we are inspired through creation.
- We can pray by singing, playing, or listening to music.
- We can pray by sitting quietly and having a conversation with God about things we are grateful for or concerned about.
- We can pray by saying the Rosary.

We can't be the people we are called to be unless we have a prayer life. It's important to put in the time to pray.



Video

Choose one of the videos from below:

Why I pray to God – Brisbane Archdiocese

<https://www.youtube.com/watch?v=DmatoDaAaJE>

or

Fr Mike Schmidt – Power of Prayer

<https://www.youtube.com/watch?v=kiAMzghLcMA>

Video **Link 7.3** 

Video **Link 7.4** 

What are your responses to watching this clip?

Are there any insights, new ideas, questions or challenges you have after watching this clip?



Exploring Part 2

Let us explore one type of prayer.

The Examen

The Examen is a technique of prayerful reflection on the events of the day. The Examen is an ancient practice in the Church that can help us see God's hand at work in our daily living.

St. Ignatius Loyola thought that the Awareness Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible. It's a habit that Jesuits, and many other Christians, practice to this day.

Daily Examen

Take a moment to close your eyes and remember the day.

1. Ask God for Light.



Psalm 119:105

Your word is a lamp to my feet and a light to my path.

Talk to God about your day.

2. Give thanks.

What are you grateful for today? Thank God for this.

3. Review the day.

What disappointed you today? Speak to God about this.

4. Consider your choices.

Guided by the Holy Spirit, think about your choices today, is there something you need to say sorry for and ask for God's help?

5. Look toward the day to come.

Being a disciple of Jesus how can you use your gifts in the day ahead? Give thanks to God in your own words.

Here is the link for examples of daily examens:
<https://pray-as-you-go.org/retreat/examen-prayer>

Resource **Link 7.5**





Exploring Part 3



The Lord's Prayer

Matthew 6:9-15

This, then, is how you should pray:
Our Father, who art in heaven
hallowed be thy name;
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil. Amen.

Do you know the Lord's Prayer?

This is otherwise known as the Our Father. This prayer that Jesus gives us is a prayer of hope.

Where do you see hope in this prayer?

Our Father	Reminds us that we are in the same family as God
Hallowed be your name	Recognises the holiness of God.
Give us this day our daily bread	Reminds us that God will take care of us.
Forgive us our trespasses	We ask for forgiveness when we pray.
As we forgive those who trespass against us	If we want God to forgive us, then we should forgive those who have hurt us.



Scripture and Prayer

Listen closely to the following music and scripture.

We begin with the sign of the Cross



In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Music

Fr Rob Galea sings for Pope Francis and 1 Million Pilgrims: <https://www.youtube.com/watch?v=C-6J2XlxpKM>

Video **Link 7.6**



Scripture

Use the Gospel from the following Sunday.

A reading from the holy Gospel according to...



Glory to you, O Lord

(At the end of the Gospel)

The Gospel of the Lord



Praise to you Lord Jesus Christ

Following a couple of minutes of silence to reflect on the scripture, invite the young person to share a word or two from the passage that particularly spoke to them.

What is one important message for you in this scripture passage?

How can you respond to this scripture passage in the coming week?

Prayer



St Thérèse de Lisieux

May today there be peace within.

May you trust that you are exactly where you are meant to be.

*May you not forget the infinite possibilities
that are born of faith in yourself and others.*

*May you use the gifts that you have received,
and pass on the love that has been given to you.*

May you be content with yourself just the way you are.

Let this knowledge settle into your bones.

Let it allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of us.

Let us offer each other a sign of peace.



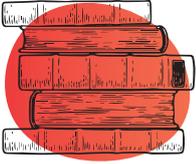
Living it out in the everyday

Journal activity

- ⋮ In your Journal write a letter to Jesus and tell him about your day.

Challenge activity

- ⋮ Spend time in prayer. Choose one type of prayer and practise this each day.



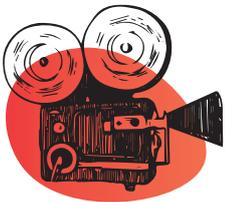
For those who want more

There are so many different ways to pray. In this section we will look at some more formal and informal ways of praying.

The 5 Finger prayer

Using the fingers on your hand, start with the thumb and pray these intentions in this order:

1. On your thumb, pray for those who are closest to you.
2. On the next finger, the index, pray for those who teach you, instruct you and heal you. They need support and wisdom to show direction to others.
3. On the tall finger, pray for our leaders, governors and those who have authority. They need God's guidance.
4. The fourth finger is the ring finger. It is our weakest finger. It reminds us to pray for the weak, the sick or those with problems. They need your prayers.
5. And finally on the smallest finger, pray for you. After praying for the other four groups, you will be able to see your own needs in the proper perspective, and you will be able to pray for your own needs in a better way.



Video

Below are some additional clips about prayer.

A Way to Pray – Fr Rob Galea.

<https://www.youtube.com/watch?v=Est-frjD6JI>

Fr Mike Schmidt – Tips for praying

<https://www.youtube.com/watch?v=yk8In-6KUGc>

Video Link 7.7



Video Link 7.8

