

PRAYER MEETING : PRAYER, PRAISE (AND WORSHIP)

Resource Guide : The Catholic Youth Prayer Book For Teens (2007), Saint Mary's Press

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An Introduction to Prayer : What is Prayer ?

Prayer is having a conversation with God. It is when we talk to God and ask for help because it is He alone who has the power to do or change anything and even change us (Pg. 6).

During our previous bible study we talked about committing our plans to God through prayer. We also mentioned that it is God who knows what is best for us, plans that are good which could be different from the plans we have, plans that will give us a future and a better life. (Example , Pg. 7)

Prayer is also about developing a relationship with God, a loving Father who wants us to ask , wants us to seek, and wants us to knock. God offers a relationship that fulfills the deepest longing of the human heart (Pg. 7)

Matthew 7:7-11

7 “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. **8** For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

9 “Which of you, if your son asks for bread, will give him a stone? **10** Or if he asks for a fish, will give him a snake? **11** If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

Types of Prayer (Pg. 9)

1. Reciting Traditional Prayers
2. Meditating
3. Praying in Silence
4. Singing
5. Using repetition or mantra
6. Talking with God spontaneously
7. Listening to the sounds of nature
8. Reading the scriptures
9. Journal writing

Things to Consider: How do you like to pray and what can you pray with?

1. You can find a quiet space
2. Create a prayer box
3. Have a prayer journal

Any other suggestions?

PART I : Prayers for Today's Teenagers

Chapter 1 (Prayers through the day)

1. Prayers to Seek God's presence in the events of life (Pg. 15, 16, 19, 20)
2. Joyful hearts give praise: What does praising God mean (Pg. 14)
3. Saints of Prayer : St. Cecilia , Patron Saint of Singers (Pg. 18)

PART III : Methods for Personal Prayer

Chapter 8 : The Lord's Prayer - Praying as Jesus taught

1. Spontaneous prayer : What is it? (Pg. 78)
2. A format for personal prayer - Mathew 6 : 9-13) (Pg. 79- Pg. 80)
 - a. Our Father in Heaven hallowed be your name
 - b. Your Kingdom come
 - c. Your will be done, on earth as it is in heaven
 - d. Give us this day our daily bread
 - e. And forgive us our debts, as we forgive our debtors
 - f. And do not bring us to the time of trial
 - g. But rescue us from the evil one

PRACTICUM : Youth will practice how to pray...

Prayers at the beginning and end of Youth Meetings

1. Begin with the sign of the cross
2. Youth or Youth ministry team member will say an opening prayer (traditional or spontaneous prayer)
3. Youth or Youth ministry team member will say a closing prayer (traditional or spontaneous prayer)
4. Recite : May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you now and forever more . Amen
(2 Corinthians 13:14)
5. Recite : Surely your goodness and mercy will follow me all the days of my life, and I will dwell in the house of the Lord , forever and ever, Amen. (Psalm 23: 6)
6. End with the sign of the cross.