

YDisciple Study: Prayer

Make Up Work

Session 1 – Pray Unceasingly:

1. God’s greatest desire for us is to be in relationship with Him—it’s exactly what He created us for. So it’s no wonder that in the midst of our incredibly busy lives, we can feel an emptiness and wonder what is missing in a life that is seemingly so full. In this study, teens will discover that God wants us to be in constant conversation with Him—to pray unceasingly. When teens include God in every aspect of their daily lives, decisions become easier, directions become clearer, and the fruits of the Spirit are easily recognized. Prayer is the foundation of our relationship with the Father, and when we pray unceasingly, God promises to move in and through us as we grow deeper in our walk with Him.
2. Read: 1 Thessalonians 5:16-18
3. Pray:

Jesus, we want to answer Your call to pray unceasingly. Lord, help us to follow Your example of prayer—both private and public. Give us the desire to be in constant conversation and communication with You so that we may grow closer and deeper in relationship with you. In Christ’s name, Amen.
4. Video – Scene 1: This clip will last approximately 4 minutes.
5. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):
 - A. What are some things you intend to do in the upcoming week? Month? Year? Do you think you’ll do those things? Why or why not?
 - B. Who is someone that you stay in constant communication with? How do you communicate with that person?
6. Video – Scene 2: This clip will last approximately 6 minutes
7. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):
 - A. When you’re in a close relationship, why is it important to be in constant communication with that person?
 - B. Why is discipline hard for us sometimes? What are the rewards of discipline?
 - C. How do you think your relationship with God would change if you were in constant communication with Him rather than just occasionally praying to Him?
8. Video – Scene 3: This clip will last approximately 8 minutes
9. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):
 - A. Why do you think you risk making poor choices when you aren’t praying regularly?
 - B. What do your options say about what is important in your life?
 - C. What options do you need to eliminate because they hinder you from spending time with God?
10. Video – Scene 4: This clip will last approximately 3 minutes

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11. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):
 - A. How can prayer and spending time with God give us freedom?
 - B. In what ways would you like to grow in your spiritual life? How can prayer help you to grow in these areas?
 - C. How will you make talking to God consistently a priority in your life?

12. 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.

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Session 2 – How to Pray:

What do you think of when you hear the word power? There are the obvious physical things such as a tornado, a rocket, or an electrical power grid. Then there are people we might consider to be in a position of power: the president, a principal, or the CEO of a Fortune 500 company. Sometimes we're so focused on power that we can see that we forget there is a spiritual power alive and well. In this study, teens will discover that they can tap into the greatest power available to us—the power of prayer. In this session, Father Rick reveals the secrets of prayer and how this power is available to Christians if we take the time to listen and seek God's voice in our lives

1. Read: Matthew 21:21-22
2. Pray:

Father God, we come before You with humble and grateful hearts. As we take time today to learn more about You, open the eyes of our hearts that we may more clearly see the things You want us to see. Help us to clear our heads of all of the things that distract us so that we may better hear what You have to say to us. Father, guide us in Your Word so that the Holy Scriptures will speak to us in exactly the way You desire them to for our lives. Lord, draw us closer into a relationship with You so that we may fully experience Your great power and will in our lives each and every day. In Christ's name, Amen.

3. Video – Scene 1: This clip will last approximately 3½ minutes.
4. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):
 - A. If you could possess a “super power,” what would it be and why?
 - B. What are the things that “charge you up” each day?
5. Video – Scene 2: This clip will last approximately 7 minutes
6. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):
 - A. Why do you think God allows us the freedom to choose whether or not to accept His love for us?
 - B. Describe a time when God answered a prayer of yours with an opportunity rather than an answer. How did that make you feel?
 - C. How does your perspective of the world change when you view it through God's eyes?
7. Video – Scene 3: This clip will last approximately 8 minutes.
8. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):
 - A. Why do you think Elijah was expecting God to speak to him in a loud or grand way?
 - B. What are the things that distract you from hearing God's voice?
 - C. What do you do to prepare yourself so you can hear God's voice?
9. Video – Scene 4: This clip will last approximately 4½ minutes

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10. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):
 - A. What are the things you share with your best friend? How does this compare with what you share with Jesus?
 - B. How can you be more like Martha?
 - C. What do you need to change in your life so that time with Jesus is your top priority?
11. Video – Scene 5: This final clip will last approximately 6½ minutes
12. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):
 - A. At the beginning of this session, Father Rick stated that prayer is the greatest power on earth. How can that statement be true for you in your own life?
 - B. How will you take time each day to sit at the feet of Jesus?
 - C. Jesus wants to start spending time with you today. What can you share with Him today? How can you demonstrate trust and love to your Best Friend?
13. 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.

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Session 3 – Why Pray?

Facebook has made the phrase “in a relationship” quite popular. Teens take pride in announcing their relationship status with the opposite sex on their social network pages. It’s even possible to view who a teen’s “friends” are by scrolling through his or her list of online friends or followers. While teens are quick to acknowledge their earthly relationships online, they may not be as quick to recognize the relationship in life that matters most: their relationship with God. This is why prayer is so important—prayer is a relationship with God. We were created for this relationship. Nothing else will ever satisfy that desire in our hearts, and we can never be fully alive without letting God give life to our spirit through prayer. Whether your teens realize it or not, this is what their hearts are truly longing for. This session takes the time to ask an important question: Why pray? This is a chance to go deeper than simply urging your teens to pray. By taking time to paint a clear picture of what prayer really is, teens will be able to tap into the deep desire to pray that is already hidden in their hearts.

1. Prayer:

“Oh, how painful it is to Me that souls so seldom unite themselves to Me in Holy Communion. I wait for souls, and they are indifferent toward Me. I love them tenderly and sincerely, and they distrust Me. I want to lavish My graces on them, and they do not want to accept them. They treat Me as a dead object, whereas My Heart is full of love and mercy. In order that you may know at least some of My pain, imagine the most tender of mothers who has great love for her children, while those children spurn her love. Consider her pain. No one is in a position to console her. This is but a pale image and likeness of My love.”

—Diary of St. Faustina, #1447

2. Video – Scene 1: This clip will last approximately 4 minutes

3. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):

A. Is there anyone in your life who has been an example to you of prayer, like Jim’s dad was for him? Explain how they have been an example for you.

4. Video – Scene 2: This clip will last approximately 6 minutes.

5. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):

A. Of the reasons that Jim gives for why we don’t pray sometimes, which ones can you personally relate to, and why?

6. Video – Scene 3: This clip will last approximately 8 minutes.

7. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):

A. What are some things that you have tried to fill the relationship void in your heart?

B. How have you been honest in your relationship with Jesus? How have you been consistent in your relationship?

C. What are the differences between how the world views you and how God views you?

8. Video – Scene 4: This clip will last approximately 3 minutes

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9. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):
 - A. Who is someone you spend a lot of time with and knows you well? How would that relationship be different if you only spent time with that person occasionally?
 - B. What are the things in your life that are holding you back from experiencing freedom in Christ?
10. Video – Scene 5: This final clip will last approximately 4 minutes.
 - A. When have you felt “dead inside”? How nourished is your soul today?
 - B. What is holding you back from growing into the person God created you to be?
 - C. What can you start doing this week to assure that you have a healthy and growing soul?
11. Private Prayer:
 - A. **Morning Prayer:** Get out of your bed and into a posture that will keep you awake and alert. Start your time in prayer listening to God calling your name in your heart. Breathe slowly, in and out, focusing on God saying your name. Then ask Him to guide your day and offer everything in your day for His glory. Lay any cares or worries that you have about your day at His feet and ask Him to help you trust that He will be with you through them all. Ask Him if He has anything, He wants to say to you for your day, and try to be silent, even in your heart and mind, for a few moments to listen for His voice in your heart. Take a minute to write down a time you will commit to waking each day for prayer—include the place you will pray in the morning.
 - B. **Night Prayer:** Before getting into bed, get in a posture that will keep you awake and alert. Listen to God saying your name in your heart. Then ask Him to walk you through your day. Let Him show you where you were open to His grace working in your life and where you faltered or sinned. Ask forgiveness for your failings and spend the rest of your time praising God for the graces you received that day. Be sure to spend the most time naming the graces specifically and letting them fill your heart with God’s love for you. His mercy always overshadows our weaknesses. Now write down one thing that will help you be accountable to praying at night. For example, you will spend time in prayer before you brush your teeth or right after you put on your pajamas.
 - C. **Scripture Prayer:** Add this time of prayer once you’ve established a morning and evening habit. You can start with five or ten minutes. As you maintain your commitment, you can stretch this time of prayer to be longer and longer.
 - D. **Concluding Prayer:** *“O God, You are my God —it is You I seek! For You my body yearns; For You my soul thirsts, in a land parched, lifeless, and without water. I look to You in the sanctuary to see Your power and glory. For Your love is better than life; my lips shall ever praise You! I will bless You as long as I live; I will lift up my hands, calling on Your name. My soul shall be sated as with choice food, with joyous lips my mouth shall praise You! I think of You upon my bed, I remember You through the watches of the night You indeed are my Savior, and in the shadow of your wings I shout for joy. My soul clings fast to You; Your right hand upholds me.”*

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Session 4 - Practicing Prayer:

Between cell phones and the Internet, we live in a world today where people are able to talk with one another almost constantly. But talking isn't always the same thing as communicating. More than merely using words, communication requires dedication, good listening skills, and an openness to grow in relationship with another. In the noisiness of our lives, it can be difficult to remember that prayer—our communication with God—is essential to living lives of faith.

1. Opening Prayer:

2. PRAY:

Dear Lord Jesus, we come before You in prayer to ask You to open our hearts and minds more fully to prayer. Help us to ask so that we may receive, seek so that we may find, and knock so that it will be opened to us. We ask all these things through the prayer that Jesus taught us, as we say: Our Father...

3. Video – Scene 1: This clip will last approximately 3 minutes

4. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):

A. What is an experience in prayer you, or someone you know, has had?

B. Can prayer be difficult sometimes? Explain.

5. Video – Scene 2: This clip will last approximately 6 minutes.

6. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):

A. Have you ever experienced any of these five forms of prayer before?

B. Are any of these forms of prayer a part of your prayer life right now? If so, which ones?

7. Video – Scene 3: This clip will last approximately 7 minutes.

8. Questions (Please answer the following question in your Prayer Journals and show them to your mentor)

A. What are some different types of prayer that you really connect with?

B. What are some ways that you pray?

C. What are some methods of prayer mentioned in the Catechism that would help stretch your prayer life?

9. Video – Scene 4: This clip will last approximately 6 minutes

10. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):

A. How can you really trust Christ's words for your life—about asking, seeking, and knocking?

B. How can you rely on Mary's intercession, or strive to live after her model of perfect Christian prayer?

11. Video – Scene 5: This final clip will last approximately 6 minutes.

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12. Questions (Please answer the following question in your Prayer Journals and show them to your mentor):
 - A. Have you ever experienced distractions in prayer?
 - B. Using what we've learned from this talk, how can you overcome distractions in prayer?
13. Food for Thought: These are the simple steps to lectio divina, which can be found on your Teen Sheets
 - A. Lectio: Read the passage slowly and reverently.
 - B. Meditatio: After you read, meditate on the passage; stop and reflect on words or phrases that catch your attention.
 - C. Oratio: After you meditate, pray (from your heart) a prayer to God inspired by your meditation
 - D. Contemplatio: After you pray, listen and wait patiently for God's response to you. This is His time for action, not ours.
 - E. Operatio: When you are finished with these steps, make a firm resolution for your life—something you can change, do, say, etc. to grow in faith, hope, and love.
14. Prayer:

Eternal God—Father, Son, and Holy Spirit—we thank You for the awesome and powerful gift of prayer. Help us to always praise You, bless You, adore You, glorify You, and give You thanks. Remind us to ask, seek, and knock, trusting completely that we will receive, find, and see the door of faith opened to us. We ask this through the powerful intercession of the Blessed Mother, as we say: Hail Mary...