



PRAYER

STAFF RESOURCE

REFLECTION

According to the Catechism of the Catholic Church (paragraph 2559) prayer is, "the raising of one's mind and heart to God or the requesting of good things from God."

"Call to me and I will answer you, and will tell you great and hidden things that you have not known."

Jeremiah 33:3

ACTION

Make a concerted effort to be aware of times throughout the day that your thoughts are directed towards God. Try and do so a little more each day.



REFLECTION

Vocal prayer are those which, 'by words, mental or vocal, our prayers take flesh.' Being intentional with our prayer is essential. Going through the motions of saying prayers is one thing, being conscious if what is actually being said is another thing completely.

"Glory to God in the highest: and on earth peace to men of good will." Luke 2:14

ACTION

Work through the Gloria
(Mass – The Gloria – Our Catholic Faith)
that is spoken at Mass and meditate on the meaning of each line. What jumps out when consciously taking in each word?



REFLECTION

Meditative Prayer is our quest to discover what God wants from us through our thought, imagination, emotion and desire.

“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Saviour, who desires all people to be saved and to come to the knowledge of the truth.” 1 Timothy 2:1-4

ACTION

Take the Gospel of the day ([Daily Readings - Catholic Daily](#)) and highlight anything that jumps out to you that you may need to question, seek clarity on or think more deeply about. Ask God to assist you as work to digest what is actually being said to you.



REFLECTION

Contemplative Prayer is that akin to silence where we seek to be one with God, desiring a communion of love.

“For the love of God has been poured into our hearts, through the gift of the Holy Spirit.” Romans 5:5

ACTION

Just like any couple in love, spending quality time with each other is absolutely necessary for their love to grow and deepen. Find 10 minutes to sit with God in a place that you would call sacred. Try and focus on simply experiencing love, either giving love to God or receiving His love for you.



REFLECTION

Communal Prayer is important to participate in, as the graces received help to fuel our individual prayer.

“They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles.” Acts 2:42-43

ACTION

List all the communal prayers that you partake in. If there are few in number, determine how it is that you may be involved in more communal prayer. If there are a number already, determine how each benefit your own personal prayer.



REFLECTION

Individual prayer is important, as time is needed to relate to God in a way that we are able to discern his will for our lives.

“But as for you, when you pray, go into your inner room, close your door, and pray to your Father who is in secret; and your Father who sees what is done in secret will reward you.”

Matthew 6:6

ACTION

Make a conscious decision to spend 15 minutes a day to sit with God and enter into a conversation with Him about the things that are important in your life. Ensure that there is time to simply listen to God speaking back to you through thoughts, words, images or feelings.



REFLECTION

The Mass is the source and summit of our faith and serves to both unite us to Christ but also to commission us to go forth and share the Gospel with all we meet.

“Get rid of the old yeast, so that you may be a new unleavened batch—as you really are. For Christ, our Passover lamb, has been sacrificed.” 1 Corinthians 5:7

ACTION

The next time that you attend Mass, be conscious and take note of, each time that you believe you are being called to be one with God. Ask God for the grace to engage in this process.



REFLECTION

The Our Father, the only prayer that Jesus taught his followers, has 7 petitions within it. These petitions are important for every Christian to understand as each assists our journey of becoming more Christ like.

“Our Father in heaven, hallowed be your name, your kingdom come, your 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.” Matthew 6:9-13

ACTION

Work your way through each petition in the Our Father and comment on what you think Jesus is teaching us about our journey in faith.



REFLECTION

The fruits of the spirit are a sign of a Christian whose mind and heart are spirit focused. Living a life in the Spirit will see the fruits become more evident.

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.”
Galatians 5:22-23

ACTION

Take the time to consider how prevalent each of the fruits of the spirit are in your life. For those fruits that may not be as visible, ask God to show you how to develop these and be intentional in your efforts to seek more of the Holy Spirit in your life.



REFLECTION

The Gospels often mention that Jesus would go by himself to pray. It appears he was in need of prayer to help him with all that He would face each day. When Jesus was in the Garden of Gethsemane he asked his friends to pray for him whilst He asked God for the grace to face the passion of His crucifixion.

“In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there.” Mark 1:35

ACTION

Like Jesus, we are constantly in need of prayer. Determine a time and a place where you are able to be alone with God on a daily basis, seeking His grace to assist you with all that you have to deal with.



24:7 SCHOOL MINISTRY

SERVICE PROVIDERS OF:

Sacramental Retreats & Parent Workshops (Years 3, 4, 6)

Leadership Retreat (Years 5, 6)

Reflections Days (Years 7 & 8)

Staff Retreats

(Charism, Church History & Morality, Sacredness,

Social Justice, Understanding the Mass,

Embracing the Sabbath, Why Catholic?, Prayer)

WWW.247YOUTHMINISTRY.ORG