

Simple Prayer Guide

Elements of Prayer

Place and Posture - Choose a place without distractions and get into a comfortable posture that will help you focus.

Open and Honest - All relationships require authenticity so being open and honest with God is important.

Time and Consistency - Without time or consistency in our relationship with God, it simple will not grow or deepen. Daily prayer is essential.

Listening - We listen to a lot of people, music, and noise in our life. Take time to listen to God. God wants to listen to us but He also wants to speak love and truth into our hearts.

ARRR

Acknowledge - We get in touch with what is moving in our hearts, particularly at the deepest level.

Relate - We share those movements (Thoughts, Feelings, Desires) with God.

Receive - We listen, we are attentive to what the Lord desires to share with us (Love, Peace, Reveal, Heal).

Respond - We are called to respond with gratitude, an act of charity, forgiveness, etc.

Adapted Steps to Lectio Divina (Sacred Reading) Praying with Scripture (The Bible)

Choose a Passage - The Gospels (Matthew, Mark, Luke, and John) in the New Testament are great place to start for beginners.

(Lectio) Read - Read the passage slowly.

(Meditatio) Meditate - Ponder what you just read. Use your imagination and put yourself in the scene as one of the characters or someone watching the scene unfold

(Oratio) Reflection/Ask Questions - What is God saying to me through this passage? What have I learned about God? Myself? How is God trying to love me through this passage?

Heart to Heart Conversation - Share your thoughts and feelings with God or anything else that comes to mind. Share your heart with God. Be honest and direct.

(Contemplatio) Silence - Take a moment of silence to listen to anything else that God might want to share with you.

Thanksgiving Prayer - Say a prayer of thanksgiving for your relationship with God.

Youth Ministry Prayer

God, Father, Son and Holy Spirit, we offer to You the Youth Ministry of our Parish. May You be the source of all that happens, in us and through us. Till the soil of our hearts, soften it with the rain of Your love. Remove the rocks and weeds; help us to be open and receptive to Your seed of faith. And may our ministry bear abundant fruit for You and for the building of Your Kingdom—in our parish, in our families and in each of our lives. Amen

John 10:10 A thief comes only to steal and slaughter and destroy; I came so that they might have life and have it more abundantly.

John 10:27 My sheep hear my voice; I know them, and they follow me.

John 15:4-5 Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me. **5I** am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing.

“Let those who go bustling about, who think they can transform the world with their exterior works and preaching take note, that they would profit the Church more, and be more pleasing to God, if they spent half as much time abiding with God in prayer, though their souls would not be as advanced as a person who was actually inclined to prayer. Certainly, they would accomplish more, and with less toil, with one work than they would now with a thousand works, thanks to their prayers and the increased spiritual strength from which they will benefit. Otherwise, their lives would be reduced to making a lot of noise and accomplishing little more than nothing, if nothing at all, or indeed at times even doing harm.” - *John of the Cross*