



RELATED SCRIPTURE PASSAGES:

The book of Psalms is one giant prayer. Give your teens time to look through it.

1. Find a chapter/verse that resonates with them.
2. Have them share it with the group, explaining why they chose it.
3. Have them either write it down, or put it in their phone.
4. Encourage them to use it as a prayer.

RELATED CATECHISM OF THE CATHOLIC CHURCH REFERENCES:

2709, 2713, 2715-2717

RELATED YOUCAT REFERENCES:

469-470, 490, 493-494, 499, 508

PRAYER

SYNOPSIS

Teens from the Diocese of Wheeling-Charleston, West Virginia talk about prayer.

SUGGESTED USES FOR THIS VIDEO

✠ This is a good film to introduce discussion about prayer.

QUOTES FOR DISCUSSION

The film contains various quotes from Saints and theologians. They are shared below for you to discuss with your group.

“For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.”

~ St. Therese of Lisieux

“Praying does not mean listening to yourself speak; praying means calming down and being still and waiting until you hear God.”

~ Soren Kierkegaard

“The desire to pray is already a prayer.”

~ Georges Bernanos

“If you do not know how to pray, ask him to teach you, and ask your heavenly Mother to pray with and for you.”

~ Pope Emeritus Benedict XVI

QUESTIONS FOR DISCUSSION

1. What is prayer?
2. What does “prayer life” mean?
3. How important is prayer to you?
4. One young woman said her prayer life is confusing sometimes because she’s busy and she tends to “slack off a little bit.” Can you relate?

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5. Why do you think prayer is one of the first things you cut back on when you're busy?
Is that a good plan?
6. There are so many ways to pray. What is your favorite way to pray and why?
7. Is there a time or a place that seems to be best for you to pray?
8. When do you find that prayer becomes important to you?
9. How can you make it a more consistent part of your life?
10. If you already have a strong prayer life, how do you protect it?
11. Who can support you in your commitment to pray more?

