



The Prayer Process

Confirmation Program

Reference: Decision Point – Dynamic Catholic

Serenity Prayer

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Living one day at a time, enjoying one moment at a time, accepting hardships as the pathway to peace, taking, as Jesus did, this sinful world as it is, not as I would have it, trusting that you will make all things right, if I surrender to your will, so that I may be reasonably happy in this life, and supremely happy with you forever in the next. Amen.

Psalms 23: The Divine Shepard

A Psalm of David

The Lord is my shepherd, I shall not want, he makes me lie down in green pastures. He leads me beside still waters, he restores my soul.

He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I fear no evil; for you are with me; your rod and your staff, they comfort me.

You prepare a table before me in the presence of my enemies; you anoint my head with oil, my cup overflows.

Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord forever.....

What do you do in your spare time?



Silence

- *Noise* — We can't hear God.
 - Music – Phones – Games – Distractions
- We fear silence
- Silence allows us to “Think” and “Reflect”
- In Silence:
 - Who you are?
 - What are you here for?
 - What matters most?
 - What matters least?
- Learn to say “NO”
- Listen to God



Why Pray?

- Feed your soul
- Plan for your life – discover it – Make choices
- Happier by finding “God’s Will” for us
- Spend your life on what matters most
- Conversation with God – Heart to heart
- Speak to God about the direction in your life and should it change?
- Helps you to become the best version of yourself.
- Clear the soul – bring clarity
- Focus on people who need God’s grace
- End of our life – did we really live?

TO PRAY IS TO **TALK**
TO GOD ABOUT
ANYTHING THAT IS IN YOUR
heart: the things that bring
you *joy* and the things that
bring you *sorrow;* the
SUCCESSES you experience
and the **FAILURES** you
encounter; *your strengths*
and *talents;* **YOUR FAULTS**
and **WEAKNESSES;** **YOUR**
HOPES and **DREAMS.**
In prayer you **TALK TO GOD**
ABOUT *everything.*

When to Pray?

- How do you plan your day?
- What times everyday when we are by ourselves to “think”?
- BIG QUESTION:
 - God What do you think I should do?
- Prayer: an expression of thanks or a solemn request for help from God.
- Our lives change when our habits change.



Prayer Process

1. **Gratitude:** What are you Thankful for
2. **Awareness:** Reflect and learn on the good and bad of the past day
3. **Significant Moments:** What is God trying to say to me?
4. **Peace:** Ask for Forgiveness
5. **Freedom:** Ask God how I should Change
6. **Others:** Pray for Someone
7. **Lord's Prayer:** Our Father

Adoration

- 5 types of Prayer – Adoration, Petition, Intercession, Thanksgiving, & Praise.
- Adoration – Blessed sacrament is “ADORED” by the faithful. Deep Love and respect for Jesus.
- Real presence of Christ in the blessed host.
- The Blessed Sacrament is held in a Monstrance and is the “living heart” of our church.
- A time of silence and reflection close to Christ.
- Personal invitation by Jesus.
- Through devotion to the Blessed Sacrament – Jesus makes our heart ONE with his.



THE **5** TYPES OF PRAYER

- 1** ADORATION
- 2** PETITION
- 3** INTERCESSION
- 4** THANKSGIVING
- 5** PRAISE

What should I say to God? I'm not sure how to start my end of the conversation

..Just talk to him from your heart. A good way to talk to God is to remember the acronym “**ACTS.**”

- **A** is for “**Adoration.**” That is simply telling God how amazing he is. Think of your favorite church song or the “Gloria” from Mass, and sing it to God in your heart.
- **C** is for “**Contrition.**” Contrition involves examining your conscience and asking God for forgiveness and strength. You can't grow as a person if you're not doing that every day.
- **T** is for **THANKSGIVING.** Gratitude is a very powerful attitude. Count your blessings every day—especially on the days you're tempted to think your life stinks!
- **S** is for **SUPPLICATION.** This means asking God for things you need or interceding for things other people need.

Discussion Questions

1. Over and over in Scriptures we read about Jesus going off to a quiet place to pray. Do we have a quiet place where we can pray? Time?
2. Do you pray regularly? If so, what do you pray for?
3. If you don't pray, what are you doing that is more important?
4. What is your favorite part of the prayer process?
5. How do you make prayer a habit?
6. How can prayer make you happier?
7. Describe a time someone challenged you to do something that would help you become the best version of yourself? What did you do?



the PRAYER process

STEP 1 GRATITUDE

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

STEP 2 AWARENESS

Revisit the times in the past twenty-four hours when you were and were not the best version of yourself. Talk to God about these situations and what you learned from them.

STEP 3 SIGNIFICANT MOMENTS

Identify something you experienced in the past twenty-four hours and explore what God might be trying to say to you through that event (or person).

STEP 4 PEACE

Ask God to forgive you for any wrong you have committed (against yourself, another person, or Him) and to fill you with a deep and abiding peace.

STEP 5 FREEDOM

Speak with God about how He is inviting you to change your life so that you can experience the freedom to be the best version of yourself.

STEP 6 OTHERS

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

STEP 7 PRAY THE OUR FATHER