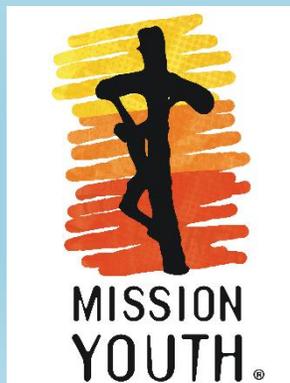
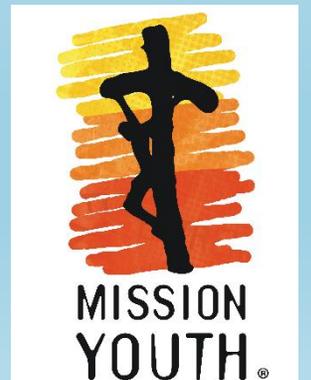


Prayer & Sacramental Life



- Noah sending the dove
- Elijah in the Cave
- Job complaining
- Jesus spending hours of prayer at night
- Needing prayer before cures & miracles
- John 15
- Acts of the apostles: prayer before decisions

Biblical Experience



224. Many young people have come to appreciate silence and closeness to God. Groups that gather to adore the Blessed Sacrament or to pray with the word of God have also increased. We should never underestimate the ability of young people to be open to contemplative prayer. We need only find the right ways and means to help them embark on this precious experience. When it comes to worship and prayer, “in many settings, young Catholics are asking for prayer opportunities and sacramental celebrations capable of speaking to their daily lives through a fresh, authentic and joyful liturgy”. It is important to make the most of the great moments of the liturgical year, particularly Holy Week, Pentecost and Christmas. But other festive occasions can provide a welcome break in their routine and help them experience the joy of faith.

Pope Francis

150. No matter how much you live the experience of these years of your youth, you will never know their deepest and fullest meaning unless you encounter each day your best friend, the friend who is Jesus.

154. Friendship with Jesus cannot be broken. He never leaves us, even though at times it appears that he keeps silent. When we need him, he makes himself known to us (cf. Jer 29:14); he remains at our side wherever we go (cf. Jos 1:9). He never breaks his covenant. He simply asks that we not abandon him: “Abide in me” (Jn 15:4). But even if we stray from him, “he remains faithful, for he cannot deny himself” (2 Tim 2:13).

Pope Francis

155. With a friend, we can speak and share our deepest secrets. With Jesus too, we can always have a conversation. Prayer is both a challenge and an adventure. And what an adventure it is! Gradually Jesus makes us appreciate his grandeur and draw nearer to him. Prayer enables us to share with him every aspect of our lives and to rest confidently in his embrace. At the same time, it gives us a share in his own life and love. When we pray, “we open everything we do” to him, and we give him room “so that he can act, enter and claim victory”. [81]

Pope Francis

156. In this way, we can experience a constant closeness to him, greater than anything we can experience with another person: “It is no longer I who live, but it is Christ who lives in me” (Gal 2:20). Do not deprive your youth of this friendship. You will be able to feel him at your side not only when you pray, but at every moment. Try to look for him, and you will have the beautiful experience of seeing that he is always at your side. That is what the disciples of Emmaus experienced when, as they walked along dejectedly, Jesus “drew near and walked with them” (Lk 24:15). In the words of a saint, “Christianity is not a collection of truths to be believed, rules to be followed, or prohibitions. Seen that way, it puts us off. Christianity is a person who loved me immensely, who demands and claims my love. Christianity is Christ”.

Pope Francis

20. ECYD Adolescents have the opportunity to encounter Christ,⁵ their best friend, as someone living and real, who accompanies them in every moment of their life. Through prayer, an adolescent discovers God's presence in their heart, ⁶ hears him and dialogues with him, seeks to know his will and receives strength to follow it. Prayer helps them to better understand the world around them and the events of their lives.

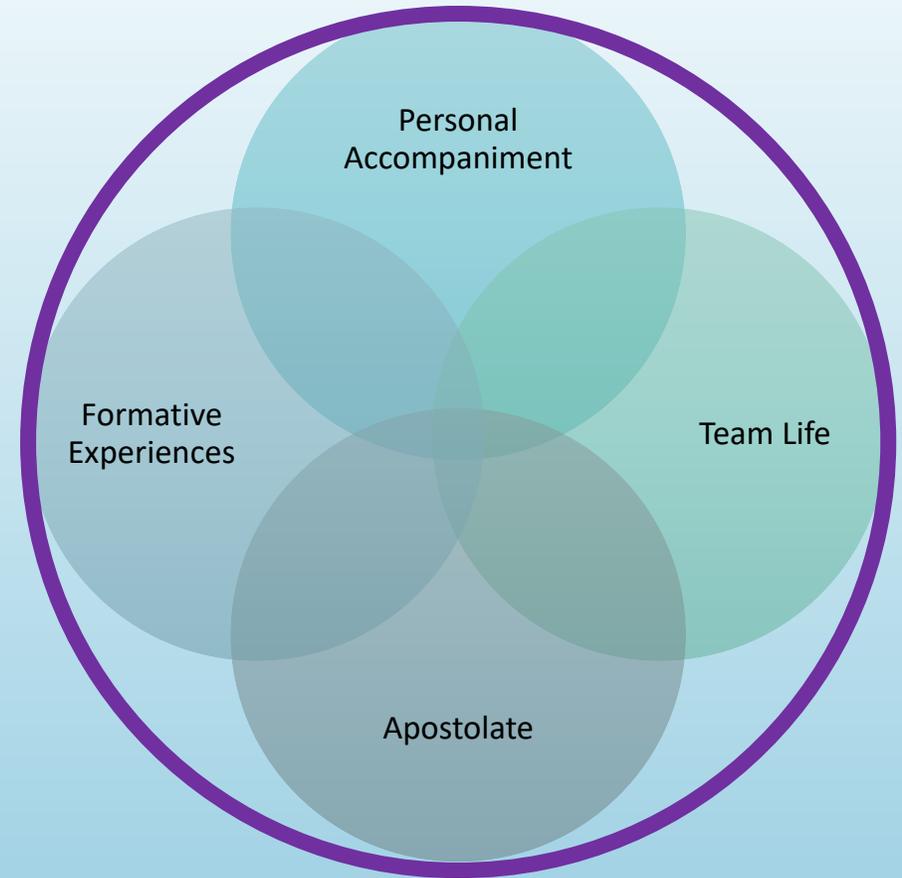
21. In the sacraments of Reconciliation and the Eucharist, adolescents truly encounter Jesus Christ who renews and strengthens them with his grace, so that God's life is made manifest ever more fully in them (Cf. Galatians 3:27). ECYD seeks to ready the hearts of adolescents to discover the deep value of these sacraments.

Prayer in ECYD

22. ECYD offers adolescents some means of spiritual growth, as a specific expression of their search for and personal response to Jesus Christ, i.e.: morning prayers; Gospel reading and reflection; visiting and receiving Christ in the Eucharist, especially at Sunday Mass; encountering God's mercy in frequent Confession; praying a mystery of the Rosary in honor of the Blessed Virgin Mary; night prayers with a brief conscience exam; and acquiring knowledge of the lives of the saints.

Prayer in ECYD

- Prayer & Sacramental life is not just “one of the five”
- It is actually there all along, through all things.



Importance of Prayer in the Big Five

- We cannot lead others to a life of prayer and sacraments if we ourselves do not live it first.
- Take one small paper and write on it one area of your life you need to bring to Jesus & His Mercy: a sin, a vice, a habit, a relationship, a decision, a problem, etc...
- Bring it symbolically to the Mass & offer it over to Him.

Exercise

