

Sponsor Meeting 6 – Prayer

Opening Prayer (Together): Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

Activity and Discussion:

- 1) On your smart phone or tablet, go to www.blessedsacramentchurch.org/confirmation and watch the video under the post Sponsor Meeting 6 – Prayer.
- 2) When you have watched the video, read through the reflection on the following page, and use the discussion questions as a guide for a conversation with the confirmand on this topic.
- 3) Ask the confirmand to fill out the summary form, and then both of you should sign it.
- 4) Use the following prayer to conclude your time together. **Closing Prayer: Matthew 6:5-8**

Sponsor says: *"Let us remember we are in God's Holy Presence."*

Sponsor and Confirmand take a moment to quiet themselves and place themselves in God's presence.

Confirmand Reads:

Jesus said, "When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward. But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you. In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him."

They pause for a brief time to listen to the Lord speak to them in the scriptures.

The sponsor continues: O God, you desire that we should know you, love you, and serve you. We want to know you, but we do not always know how to speak to you. By the power of your Holy Spirit, give (confirmand's name) a desire to know you, and a desire to pray. Help him/her to find the time to spend alone with you, and speak to him/her in the silence of his/her heart. Jesus, help us to pray, even when we do not seem to know how. We ask this in your most Holy Name. Amen.

The Catechism of the Catholic Church describes prayer as "the raising of one's mind and heart to God" (CCC 2559). Prayer is an essential element of any relationship with God. It is the act by which we spend time with the one we love.

In any relationship, in order for two people to truly love one another, they must spend time together. This is also true in one's relationship with God. If we want to know him, we need to spend time with him. Prayer is the way that we do this. Often, when we approach prayer, we see it simply as way of asking God to do things. While there is nothing wrong with asking God to do things for us, there is much more to prayer. Prayer is traditionally broken into four categories: Blessing and Adoration (praising God), Petition (asking for what we need), Intercession (praying for others), and Thanksgiving (thanking God for what he has done). A mature Catholic spiritual life will include all four of these elements.

It is often difficult to know how to pray, and over the course of the centuries the Church has provided people with a variety of methods. One of the most common ways for Catholics to pray, however, has been to use memorized prayers such as the Our Father or the Hail Mary. These memorized prayers are helpful because we can offer them for anything we want. For instance, many Catholics are in the habit of saying the Hail Mary whenever they see an ambulance as a way of asking for God's protection for the person inside. Other people will say the Our Father before tests or before a game as a way of asking God's blessing and help. Likewise, the Rosary is a traditional Catholic prayer that many people use to express to God the things they want to say to God but cannot put into words.

Memorized prayers have their place, but nothing replaces deliberately setting aside a period of time each day to spend with Jesus. In the appendix to this booklet, there are two methods of prayer that you can use during this time. Essential to each of them, however, is basic idea of telling Jesus what is on your heart, asking for what you need and what others need, and then listening to what he has to say in return.

One of the best ways to begin praying is to use the Bible. Open the Bible to any passage and read it slowly several times. Wait until a word, a phrase, an image, or an idea stands out to you. Then spend some time thinking about that word or phrase. How does it apply to your life? What does it make you feel? Is God asking you for something through that word? Is he offering you something? Allow the word to sink into your heart, and then just spend some time being silent with God. Pray the Glory Be when you finish.

Prayer is a discipline, and it will not always feel like something is happening when we stop to pray. Sometimes we just have to do it because we have to do it. It is inescapable, however, that if we want to be mature Christians, we must pray, and we must do so every day. No relationship in our life is more important than our relationship with God, and if we want that relationship, we have to spend time working on it. Nothing else is more important, and we have to make it a priority.

Sponsor Meeting 6 – Prayer (Confirmand)

Reflection Questions #6 – Due March 17th (please use the resources provided):

- 1) What in your life make it hard to or distracts you from prayer?
- 2) How often should we pray? (CCC 2742; YouCat 469)
- 3) What is your favorite way to pray?
- 4) In what way could you eliminate distractions or change your priorities so you could pray better?
- 5) Describe a powerful moment of prayer you have experienced.
- 6) What do you think it means to have a personal relationship with Christ?

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Student's Name (Print): _____ Sponsor Signature: _____