

**ST. JOSEPH-ON-CARROLLTON MANOR CATHOLIC CHURCH**  
**CONFIRMATION MAKE UP WORK**

**SESSION 2 – Personal Prayer**

(Please Return Make Up Work by the next Confirmation Class – March 2nd)

NAME: \_\_\_\_\_

**OPENING PRAYER**

- Using your Life Teen Bible Read Matthew 6:5-8

-Question: How do these scripture verses relate to our topic on Prayer for this class?

- *Say a prayer that ask God for help in your Confirmation journey as well as focuses on the importance of prayer in your lives. Then call upon the Holy Spirit to be with you today.*

**TEACHING NOTES**

*Read the following teaching notes on prayer.*

Prayer is a GIFT

- God wants us to be in a relationship with him. God delights in us choosing to talk to him.
- God gave us prayer so that we can be close to him.
- By being close to him, he can comfort us, sustain us, protect us, and celebrate with us.
- Just like a great coach who cheers on him team members, God wants us to succeed, even more than the most enthusiastic coach.

Prayer is a CONVERSATION

- A conversation always consists of speaking *and* listening.
- Some say Prayer is us speaking to God, and Meditation is us listening to him. We often forget to listen. We need to leave time after a prayer to meditate/listen. God uses the holy spirit to speak to us silently. We need to give him that opportunity. God does not speak to us through our ears. God speaks to us through our hearts.
- We may often feel that God does not hear our prayers. Be certain that he hears them all.
- Just because God did not respond to our prayer in a way we can perceive, does not mean he did not hear us.
- Only God knows what is best for us. Often, we ourselves do not. God has a plan for us that we may not understand. It can be confusing. Practicing prayer helps us have faith. Be open to the possibility that God may have something even better in store for us.

BUT I have NO TIME to pray

- Prayer should not be compared to all the other “things” we have to do in our day. It is not a task. It’s an invitation that God continually extends to us, for our benefit.
- Prayer does not need to be complicated.
- “Help!” is a prayer
- “Thank you” is a prayer
- We make time for the things that are important in our lives.
- Perhaps each of you will consider praying for the *willingness* to set aside 2-3 minutes each morning to pray and meditate.

## LIFE OF PRAYER

- Read: YOUCAT #494
- Everything that happens, every encounter can become the occasion for prayer.....
- We can have a life of prayer. We should want a life of prayer. We can have a peace about us, a strength that we did not know we could possess. We can experience joy in the simple beauty that surrounds us. We need never feel alone.
- Bl. Teresa of Calcutta, who ministered with great strength, to the sickest of the sick, in conditions that have broken the spirits of many others, seemed to draw upon a well of strength that defied our understanding. She stated simply: "My Secret is quite simple: I pray....."
- Bl. Teresa practiced prayer her whole life. She started small like everyone else. God does not expect us to pray perfectly. He is interested in our efforts, not our performance. He only asks us to be willing to pray and do our best to do so.

What did you learn from the teaching notes?

## **YOUCAT**

*Look over the 4<sup>th</sup> section in the YouCat which is all about prayer. Must be important!*

*Read #486 – What do Christians express by prayer postures?*

*Be reminded that the YouCat is a tool for you to use at all times you have questions about the faith.*

Question: What is something you learned/can take away from the paragraphs you read on Prayer?

## **SMALL GROUP QUESTIONS**

*Answer the following questions*

- 1) Describe your prayer life right now on a scale from 1-10. Why are you that number?
- 2) Are you more likely to pray when things are going well or when things are going poorly? Explain.
- 3) What is stopping you from having a better prayer life? What is getting in your way?

- Fill out Prayer Life Survey Below... Look at all the amazing ways we have to pray as Catholics.  
 Note: it's almost impossible to get a perfect score. This Prayer Survey is more about how you can improve in our prayer life by showing you all the ways you can pray!

## PRAYER LIFE SURVEY

### 1. How often do you Receive the Sacrament of the Eucharist by attending Mass?

Christmas/Easter 1	Once a month 2	Once a week 3	2-3 times/week 4	Daily 5
-----------------------	-------------------	------------------	---------------------	------------

### 2. How often do you invite Mary to intercede for you by praying the Rosary?

Never 1	Once a month 2	Once a week 3	2-3 times/week 4	Daily 5
------------	-------------------	------------------	---------------------	------------

### 3. How often do you Receive the Sacrament of Reconciliation?

Never 1	Once a year 2	Twice a year 3	6 times/year 4	Monthly 5
------------	------------------	-------------------	-------------------	--------------

### 4. How often do you spend in prayer before the Blessed Sacrament?

Never 1	Once a year 2	Once a month 3	Once a week 4	Daily 5
------------	------------------	-------------------	------------------	------------

### 5. How often do you spend time reading/studying Scripture?

Never 1	Once a year 2	Once a month 3	Once a week 4	Daily 5
------------	------------------	-------------------	------------------	------------

### 6. How often do you spend reading/studying Catholic Teachings (Catechism, Papal Encyclicals, Lives of Saints, etc.)?

Never 1	Once a year 2	Once a month 3	Once a week 4	Daily 5
------------	------------------	-------------------	------------------	------------

### 7. How often do you participate in community prayer through Retreats?

Never 1	Once a year 2	Twice a year 3	Three times a year 4	More than 3 5
------------	------------------	-------------------	-------------------------	------------------

### 8. How often do you sit in silence, prayerfully listening to Christ speak to you?

Never 1	Once a year 2	Once a month 3	Once a week 4	Daily 5
------------	------------------	-------------------	------------------	------------

### 9. How often do you spend time praying to Christ through Song/Worship?

Never 1	Once a year 2	Once a month 3	Once a week 4	Daily 5
------------	------------------	-------------------	------------------	------------

### 10. How often do you spend time praying through journaling/writing your thoughts and prayers?

Never 1	Once a year 2	Once a month 3	Once a week 4	Daily 5
------------	------------------	-------------------	------------------	------------

**TOTAL OUT OF 50 =**

- School of Prayer: Things to remember when it comes to prayer...

1) When will you pray? (In the morning? Before I do my homework? Before I go to bed?)

2) How long will I pray? (Maybe starting off with 5mins is fine, but try not to do less)

3) Where will you pray? (Needs to be a place you can pray well: bed/desk/special chair)

4) What will you do when you pray? (Read a question from the YouCat/Read a chapter in the Bible/Pray an Our Father or Hail Mary/Say something I am thankful for that day)

Extra Point: Are there times in your day that pop up that you can pray?  
(Waiting for parent(s) to pick you up? Before class starts? In the car?)

### **GIFT OF THE HOLY SPIRIT - Piety**

*Each Confirmation Session we will discuss one of the Gifts of the Holy Spirit.  
In this class we talked about the Gift of Piety.*

Pray "The Come Holy Spirit Prayer"

(by the end of your Confirmation Preparation I hope you know this prayer by heart)

*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.*

*O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.*

## PIETY

Piety means showing reverence for God as a loving Father, and shows respect to others as children of God precisely because that is what they are. As such, the Gift of Piety perfects the virtue of justice, enabling the individual to fulfill his obligations to God and neighbor. For example, we fulfill the commandments not simply because they are commandments but because of our love for the Heavenly Father and for our brothers and sisters in the Lord. Piety is "The moral virtue by which a person is disposed to render to God the worship and service he deserves." Far from being drudgery, worship should be an act of love, and piety is the instinctive affection for God that makes us desire to render worship to Him, just as we voluntarily honor our parents.



The symbol for Piety is folded hands in prayer. When we enter a church or fold our hands in prayer we should be instantly reminded of God's presence in our lives. Piety allows us to love God and others not because we have to but because we want to. We do this through prayer and service.

How do you see being able to use the Gift of the Holy Spirit – Piety in your life?

## **CLOSING PRAYER**

*Each time we gather for Confirmation Class you will be introduced to a different way of praying. Read the 5 forms of prayer below and reflect on each form of prayer.*

### **Introduction**

God has given us the gift of prayer. When we pray we may come to know God and ourselves better. Prayer is our relationship with God. The Church through the inspiration of the Holy Spirit has shown us that we have five forms of prayer. Today you will walk through each one and how you can pray with them.

### **Blessing & Adoration**

1<sup>st</sup> form of prayer is called Blessing & Adoration.

In this prayer we come in humility to encounter God. Our prayer is that God is God and we are not. Because God blesses us with good gifts in our lives we are called to bless others with our presence in their lives. We must always acknowledge that God is our creator and we our His creation. When we see a light in the Church by the tabernacle we know God is physically present there.

*At this time if you are able to light a single candle to symbolize the beginning of the prayer and to remember that God is always with you. That by lighting this candle realize you are created to bless and adore God.*

### **Petition**

2<sup>nd</sup> form of prayer is called petition.

In this prayer we express awareness of how important our relationship with God is that we turn to him in times of need. We are familiar with this form of prayer as we pray this prayer together as a community in Mass. Our petition should always be centered on turning back to God in all we do. As we pray in the Our Father – “Thy Kingdom Come, thy will be done” our first petition should be the God’s will be done in our lives.

*At this time that offer up any petition you have at this time.*

### **Intercession**

3<sup>rd</sup> form of prayer is called intercession.

In this prayer of intercession we ask on the behalf of others. In Confirmation we pick a saint who we ask for the rest of our lives to intercede for us. We ask the Saints to intercede (or pray for us) and bring our intentions to God. We too like the Saints can pray for each other. In doing this we pray like Jesus did – who interceded for all of us on behalf of the Father.

*At this time intercede for all your fellow Confirmation Candidates, Core Team, Future Saints, and your Youth Minister. At the next class you will be given a rock with a person’s name on it. We ask that you keep the name you picked a secret and hold on to it this year. Pray for this person this year. You may not know what they need prayer for but God does. Know someone is already praying for you at this time.*

### **Thanksgiving**

4<sup>th</sup> form of prayer is called thanksgiving.

In this prayer we pray the prayer of the Church – we are thankful for Jesus Christ saved all humankind from Sin. We should give thanks in all circumstances regardless of how hard life can seem sometimes. We tend to forget to give God thanks whether it is for our life, family, or friends. We have all we have in this world because of God and he deserves to be given thanks.

*At this time pause and think about all the things you are thankful for in your life.  
Then end with “Thanks be to God.”*

### **Praise**

5<sup>th</sup> form of prayer is called praise.

In this prayer we simple recognize most immediately that God is God and he amazing. We should give glory to God not because what he does, but simply because who he is.

*At this time go on youtube & type the following in the search bar “How He Loves lyrics by David Crowder Band by cjbestpick.” Watch, listen, sing, and pray this song. This song speaks of how much God loves each and everyone one of us. Regardless of how great your singing voice is we should use our voices to sing praises to God. We can easily sing a song we know that comes on the radio, yet when it comes to signing praises to God we suddenly fall silent.*

### **Closing**

Lord, we thank you for the gift of prayer in our lives. This gift allows us to know you and allows us to hear from you. Give us the gift of piety that we may come to pray to in by blessing and adoring your name, petitioning & interceding, and be thankful & praising your name.  
AMEN.

### **Answer the following Question:**

How has this closing prayer on the five forms of prayer let you see prayer in a new way?

### **REMINDERS**

- Get UPDATED **Confirmation Calendar** at [www.stjoesbuckeystown.org/confirmation14](http://www.stjoesbuckeystown.org/confirmation14)
- Have you already started doing **service** in the parish or community?  
If Yes, have you turned in service paper(s) to Ashley?  
Remember: Once you complete 5 hours in one of the categories turn in your service sheet.
- Have you turned in your **Sponsor Form** to Ashley? It was due at the 1<sup>st</sup> Confirmation Class  
Did you misplace the Sponsor Form? Go to [www.stjoesbuckeystown.org/confirmation14](http://www.stjoesbuckeystown.org/confirmation14) then click on "Sponsor Contact Information Form"
- Have you attended a **Pilgrimage** yet?  
Go to <http://www.stjoesbuckeystown.org/pilgrimage> to see the 3 pilgrimage options that are left.