

PRAYER WITH TEENS

PRAYER IS THE KEY TO THE RELIG CLASS- IT IS WHAT CENTERS THE GROUP ON CHRIST AND MAKES IT POSSIBLE TO BE A CHRISTIAN COMMUNITY.

IT IS ESSENTIAL THAT THE TEACHER ENTER INTO PRAYER BEFORE THE CLASS.

OPENING

A VERY SHORT INFORMAL GATHERING PRAYER FOLLOWED BY AN OUR FATHER, HAIL MARY & GLORY BE SHOULD OPEN EVERY CLASS MEETING.

CLOSING

A MORE IN-DEPTH PRAYERFUL EXPERIENCE SHOULD END EVERY CLASS.
THIS PRAYER TIME SHOULD BE VARIED EACH WEEK. SEE BELOW FOR IDEAS.

REMEMBER THE 4 KINDS OF PRAYER USE ALL THROUGHOUT THE YEAR

-PRAISE -PETITION -THANKSGIVING -FORGIVENESS

PRAYER FORMS INCLUDE

- FORMAL PRAYERS- OUR FATHER, PRAYER OF ST. FRANCIS, HAIL MARY, ROSARY ETC.
- INFORMAL, SPONTANEOUS PRAYER
- GUIDED MEDITATION
- MEDITATION ON SCRIPTURE
- CONTEMPLATION & SILENCE

CONDUCTING CLOSING PRAYER

- ALLOW 5-15 MINUTES DEPENDING ON PRAYER EXPERIENCE YOU HAVE PLANNED
- CONVEY THE IMPORTANCE OF THIS ACTIVITY THROUGH YOUR ATTITUDE, IF THE TEENS SENSE YOU ARE UNCOMFORTABLE OR NOT REALLY INTO IT THEY WILL NOT RESPOND
- CREATE PRAYERFUL ENVIRONMENT- BY CHANGING THE SPACE & THE MOOD- YOU CONVEY THE SPECIALNESS OF THIS TIME
 - INVITE TEENS TO CALM THEMSELVES
 - DIM OR PUT OUT LIGHTS
 - USE CANDLE- SYMBOL OF CHRIST- THE LIGHT OF THE WORLD
 - USE REFLECTIVE MUSIC OR SONGS
 - REFUSE TO ALLOW DISRUPTIONS, FOOLING AROUND
 - SHIFT SITTING ARRANGEMENT IF POSSIBLE

NOTE: THERE SHOULD ALWAYS BE OPPORTUNITIES FOR PETITION DURING YOUR CLOSING PRAYER SERVICE. REGARDING THIS FORM OF PRAYER PLEASE HELP TEENS UNDERSTAND THAT WHILE GOD ALREADY KNOW OUR DEEPEST NEEDS, THIS FORM OF PRAYER AS GATHERED COMMUNITY ALLOWS US TO HOLD ONE ANOTHER'S NEEDS IN OUR HEARTS & PRAYERS. BE MINDFUL THAT THE TEENS DO NOT DEVELOP THE MENTALITY THAT PRAYER IS MERELY PRESENTING GOD WITH A TO-DO LIST.

HELP IS AVAILABLE THROUGH RELIG STAFF LIBRARY

- PRAYER & PRAYER SERVICES & INSPIRATIONAL HANDOUTS FILE DRAWERS
- PRAYER & SPIRITUALITY & INSPIRATION BOOKSHELVES

BRING

- CHRIST CANDLE IS KEEP IN THE SUPPLY CRATE FOR EACH CLASS
- BRING YOUR OWN BOOM BOX OR MAKE ARRANGEMENTS TO BORROW RELIG BOOM BOX
- HANDOUTS FOR EACH STUDENT FOR ALL SONGS USED, PRAYER SERVICE RESPONSES ETC.

REMEMBER:

- PRAYER SERVICE SHOULD INVOLVE THE TEENS. THEY SHOULD NEVER FEEL THAT THIS IS SOMETHING YOU ARE DOING FOR THEM & THEY ARE PASSIVE SPECTATORS
- AS THE YEAR GOES ON INVITE TEENS TO TAKE ON A LARGER ROLE IN PREPARING AND CONDUCTING THE GROUPS PRAYER TIME