

PRAY UNCEASINGLY

Parents, we invite you to use this overview to continue the conversation that we started this week with your teen. And we encourage you to respond to the questions as well, so your teen can see that God is working through you also.

WHAT WE'RE TALKING ABOUT

People are overwhelmed today with the options they're presented with on a daily basis. With so many choices, it's not unusual for us to indulge in too much and fill our plates to the brim with activities that keep us beyond busy. Our hectic lives often leave little time for cultivating the relationships we have with our family and friends. And the one relationship that matters most? Often we treat it equally with our other "options"—sometimes choosing it just once a week for one hour during Mass.

In this session, teens discovered that they need to make an intentional commitment to pray unceasingly—to be in constant communication with their heavenly Father. Teens examined their priorities and made commitments to strengthening their relationship with God by being in regular conversation with Him. Teens learned that the more they connect with Jesus, the easier it is to listen for His voice and follow Him

MAKE THE CONNECTION

Here are some conversation starters for this week. Remember to share your perspectives as well.

- **What are the things that occupy the most time in your day?**
- **Why is communication so essential in relationships?**
- **What are you doing to pray unceasingly in your own life? How are you making your relationship with God a priority?**

Q 2: Quotes and Questions

"We must pray without tiring, for the salvation of mankind does not depend upon material success...but on Jesus alone." —St. Frances Xavier Cabrini



DIGGING DEEPER

One of the ways we can strengthen our relationship with God is to form relationships with people who build us up in our faith. When we can experience talking about our faith with others, it helps us grow in our relationship with God as well as with other Christians. Consider these relational opportunities for connecting with other Catholics:

- **Growth Groups:** Join a small group or adult Bible study. This is a great way to learn more about your faith, grapple over questions with other believers, and offer support to each other as the family of Christ.
- **Serve at Church:** There are many opportunities within your parish to serve others as well as the Church. Serving alone can strengthen your faith; doing it while fellowshiping with other parishioners will help you form relationships that will undoubtedly connect you to your faith.
- **Prayer Groups:** Many parishes have prayer groups that focus on specific needs such as praying for the sick or for the Church's leadership. Others may get together to pray the rosary or the Liturgy of Hours together. Some groups may only meet monthly or quarterly for a prayer retreat. Research the opportunities at your local parish for corporate prayer groups; or if there is one you'd like to establish, meet with your Priest to get it started.