



PARENT SHEET

WHY PRAY?

Parents, we invite you to use the 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

Do you ever wonder what that empty feeling is inside your heart? The part that aches and you can't quite put your finger on exactly why? In this study, teens discovered the desire to pray that is already in their hearts. Prayer all comes down to a relationship with God. The Lord made us for relationship with Him, which means that we are literally made for prayer; it's written on our hearts.

So why do we need to pray? Because we need to be in relationship. There is an ache of loneliness in our hearts that can only be filled by friendship with God in prayer. We can't live without it. And until we start to meet God in prayer, the aches in our hearts for friendship and intimacy will never be satisfied.

Not only do we need to be in relationship with the Lord, but we also need to feed our spirits. By now, we've all learned that to stay alive we have to take care of our bodies. What many of us don't realize is that to stay alive we also have to take care of our spirits. Without prayer our spirit dies. Only God can give life to our spirit in prayer. He longs to and He desires to be in relationship with each one of us, to grow deeper and deeper in love with us.

MAKE THE CONNECTION

- Here are some conversation starters for this week. Remember to share your perspectives as well.
- **Describe a relationship in your life where you've experienced good communication. How has that connection helped the relationship?**
- **How would praying every day change your faith and spiritual growth?**
- **How can you pray for each other as a family in the upcoming week?**



DIGGING DEEPER

If you don't have a habit of daily prayer yet, this can be a great opportunity for you to start working to form one. It's easy to push prayer to the back of our minds when we don't know how important it is; but it turns out that we literally can't live without it. God is calling each of us, including you, to a deep, personal relationship with Him. He longs to give you His love in prayer—will you meet Him there?

Here are some tips for getting started. Remember, it's important to start small so that you don't discourage yourself.

- 1. The easiest step to take toward daily prayer is to commit to praying right when you wake up and right before you go to sleep, for five minutes each time. In the morning, spend time receiving God's love and offering Him your day. At night, take a moment to look over your day with God. Ask for forgiveness in places you failed, and receive His mercy. Ask Him to show you times where He was working and any graces He was giving you throughout your day.**
- 2. The next step will be to add an additional time of prayer with Scripture. This can start at five or ten minutes. As you maintain your commitment, you can stretch this time of prayer to be longer and longer.**

Q 2: Quotes and Questions

"God, infinitely perfect and blessed in Himself, in a plan of sheer goodness freely created man to make him share in His own blessed life. For this reason, at every time and in every place, God draws close to man. He calls man to seek Him, to know Him, to love Him with all his strength. "—CCC 1