

PRACTICING PRAYER

Parents, we invite you to use this overview to continue the conversation that we started this week with your teen. 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

Between cell phones and the Internet, teens today live in a world where people are able to communicate with one another almost constantly. In the noisiness of our lives, it can be difficult to remember that prayer—our communication with God—is essential to our lives.

Today we learned the five forms of prayer outlined in the Catechism (blessing, petition, intercession, thanksgiving, and praise), heard practical advice on how to overcome distractions, and discussed the importance of prayer in building our relationship with God. We also discussed how we can make prayer a more important part of our everyday lives.

MAKE THE CONNECTION

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

- **Have you ever experienced difficulties or distractions in prayer? How did you overcome them?**
- **Do you have any stories of times when God clearly answered your prayers?**
- **What things can we start doing right now as a family to make prayer—loving conversation with God—the most important part of our day?**

Q 2: Quotes and Questions

“Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!”—Matthew 7:7-11

“The Holy Spirit who teaches the Church and recalls to her all that Jesus said also instructs her in the life of prayer, inspiring new expressions of the same basic forms of prayer: blessing, petition, intercession, thanksgiving, and praise.”—CCC 2644

*“You don’t know how to pray? Put yourself in the presence of God, and as soon as you have said, ‘Lord, I don’t know how to pray!’ you can be sure you’ve already begun.”
—St. Josemaría Escrivá*



DIGGING DEEPER

Parents, we also challenged your teen to try adding one new form of prayer to his or her life this week. If you’re up to the challenge, you can add one new form of prayer to your life as well. If your teen sees you trying to live out these forms of prayer, he or she will be encouraged to live them out, too. Here’s the list:

- Go to Sunday and daily Mass.
- Go to Adoration and Benediction
- Pray the Rosary (as a family, on a quiet walk, etc.).
- Pray lectio divina—your teen can tell you all about it!
- Pray the Chaplet of the Divine Mercy.
- Praise and worship or chant (praying with music)—in addition to what you do at mass.
- Join or create a prayer group; meet at a chapel or elsewhere to pray with your friends or other family members.