

Discussion Questions

1. WHOM DO YOU TALK TO EVERY DAY? WHY?

2. DO YOU PRAY? HOW OFTEN? HOW DO YOU FEEL AFTER YOU PRAY?

3. DO YOU THINK YOU WOULD BE HAPPIER IF YOU MADE TIME TO PRAY EACH DAY?

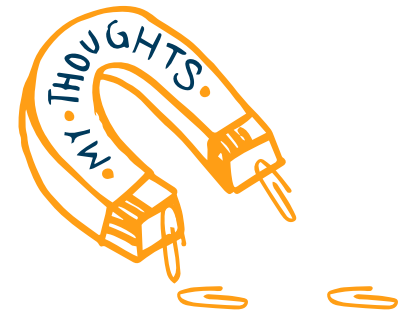


Discussion Questions

1. DESCRIBE A TIME WHEN SOMEONE CHALLENGED YOU TO DO SOMETHING THAT WOULD HELP YOU BECOME THE-BEST-VERSION-OF-YOURSELF. HOW DID YOU RESPOND?

2. HAVE YOU EVER ASKED GOD THE BIG QUESTION: "WHAT DO YOU THINK I SHOULD DO?" IF YOU HAVE, WHAT HAPPENED? IF YOU HAVE NEVER ASKED GOD THE BIG QUESTION, WHY NOT?

3. IF YOU SPENT TEN MINUTES A DAY IN PRAYER EVERY DAY FOR THE NEXT MONTH, HOW DO YOU THINK YOU MIGHT BE DIFFERENT A MONTH FROM NOW?



DISCUSSION
QUESTIONS



1. HAS ANYONE EVER TAUGHT YOU HOW TO PRAY? WHO? WHEN?

2. WHICH OF THE SEVEN STEPS IN THE PRAYER PROCESS INTRIGUED YOU THE MOST? WHY?

3. IF YOU WERE GOING TO SET ASIDE TEN MINUTES TO PRAY AT THE SAME TIME EVERY DAY, WHAT TIME OF DAY WOULD BE BEST FOR YOU?



PRAY WITHOUT CEASING

(1 Thessalonians 5:17)

We cannot pray every minute of every day. We have things to do.

What was Paul saying?

He was encouraging us to transform every moment of every day into a prayer. **How?** By offering each hour of study or work to God as a prayer, offering inconveniences and suffering to God as a prayer, and offering everything we do each day to God, we transform the ordinary realities of everyday life into prayer.

When I was a child I was taught to start my day by offering everything that was going to happen that day to God. This prayer is called a morning offering. There are many different versions; this is the one I was taught:

O Jesus, through the most pure heart of Mary, I offer you the prayer, works, joys, and sufferings of this day, for all the intentions of your divine heart.

Amen.

There is genius in Catholicism. It may not always be apparent on the surface, but behind each and every Catholic tradition are glimpses of the genius of Catholicism.

You can open your eyes now. Thanks for praying with me. For four years I have been working on this Confirmation program, and for four years I have been praying for you – the young men and women from all over the world who will experience it. I'm going to continue to pray for you every day. And I hope you will pray for me, and all the team at Dynamic Catholic, as we continue to work to develop resources to help you and others to have powerful encounters with God.



DISCUSSION

1. WHAT ARE YOU MOST GRATEFUL FOR TODAY?

2. WHAT SURPRISED YOU THE MOST AS YOU PRACTICED THE PRAYER PROCESS?

3. NOW THAT YOU HAVE BEEN TAUGHT HOW TO PRAY, WHAT IS MOST LIKELY TO GET IN THE WAY OF DEVELOPING PRAYER AS A DAILY HABIT IN YOUR LIFE?

QUESTIONS



4.5 DECISION point

MARK 1:35
MATTHEW 14:23
LUKE 5:16
LUKE 9:28

And LOTS OF OTHERS . . .

KNOW IT: Over and over we read about Jesus going off to quiet places to pray.

THINK ABOUT IT: If Jesus needed time to reflect and pray, how much more do you and I need it?

LIVE IT: Develop the daily habit of finding a quiet place to connect with God.

Over and over throughout the Gospels we read about Jesus going to quiet places to pray.

Mark 1:35: "In the morning, while it was still dark, he got up and went out to a deserted place, and there he prayed."

Matthew 14:23: "After he had dismissed the crowds, he went up a mountain by himself to pray."

Luke 5:16: "Now more than ever the word about Jesus spread abroad; many crowds would gather to hear him and be cured of their diseases. But he would withdraw to deserted places and pray."

Luke 9:28: "Jesus took with him Peter, James, and John, and went up on a mountain to pray."

Why did Jesus withdraw so often to pray? He was God, right? True. But he was also man. Imagine the distractions. The fame. The people who were trying to convince him to be a political or worldly leader. The people who were trying to use him for their own benefit. He withdrew to pray so that he could stay focused on his mission, to remember what really mattered.

We all get confused about what really matters from time to time. Prayer helps us to keep things in perspective.

We live in a noisy, busy world. If you are going to work out *who you are* and *what you are here for*, you need to step back from it all for a few minutes each day to reconnect with yourself and with God.

What place does prayer have in your life today? Is prayer at the center of your life or on the periphery of your life. Give prayer a central place in your life. Place prayer at the center of your life and amazing things will begin to happen.

Find a place where you can spend a few minutes with God each day. Set aside a time at the same time each day for prayer. Make this place and time a sacred part of your day, and God will fill you with his wisdom so you can make great decisions every day.

To pray or not to pray? That's your **decision point** today.

Here's my challenge for you: Practice The Prayer Process every day for thirty days. After thirty days I hope you are convinced that prayer should remain a daily habit for the rest of your life.

"MENTAL PRAYER IS NOTHING ELSE THAN AN INTIMATE FRIENDSHIP, A FREQUENT heart-to-heart CONVERSATION WITH HIM BY WHOM WE KNOW OURSELVES to be loved."

-Saint Teresa of Avila

JOURNAL QUESTIONS

1. OVER AND OVER IN THE SCRIPTURES WE READ ABOUT JESUS GOING OFF TO A QUIET PLACE TO PRAY. DO YOU HAVE A QUIET PLACE WHERE YOU CAN PRAY EACH DAY? WHERE?

2. DO YOU HAVE A FAVORITE QUIET PLACE YOU LIKE TO GO WHEN YOU NEED TO MAKE BIG DECISIONS?

3. DID YOU DO ANYTHING TODAY THAT WAS MORE IMPORTANT THAN SPENDING A FEW MINUTES WITH GOD IN PRAYER?

