

PRAYER PRACTICES FOR THE JOURNEY!

The most important commandment requires this: Be thankful for the Lord your God and His Son Jesus with all your heart and with all your soul and with all your mind and with all your strength. The second commandment requires this: Be as thankful for your neighbor as you are for yourself. There is no commandment greater than these. (cf. Mk. 12:28-31)

Prayer is our 'way' for encountering the presence of God and the resurrected Jesus and for listening for the inspiration of the Holy Spirit.

Prayer Disciplines I will practice as a Follower of the Way:

- Prayers of gratitude! Jesus my friend I will take time (fill in when) _____ to thank God for all the blessings in my life.
- Breath Prayer: e.g. - God of Life, thank you.
- Prayers of recognizing and being thankful for 'God Moments.'
- Encountering the mystery of Christ present in you and in the community each week in the Eucharist at Mass.
- Lectio Divina: (Divine reading) Slowly reading a passage of the scriptures slowly 2 or 3 time, listening for a 'word' or 'phrase' that God will give you from that reading that will help you grow in your spirituality and in your relationship with God.
- Morning prayer: thanking God for life and dedicating my day to serving others.
- Night Prayer: looking back over my day and thanking God for all the blessings and opportunities to grow.
- Meal prayers: I will pause before eating and ask God's blessings on those who prepared the meal, be thankful for foods on the table and those who grew them.
- The Rosary: I will pray one of the four sets of five mysteries.
- Scripture: I will read and meditate on the scriptures.
- Petitions: I will take ask for God's blessings on key people in my life and on those I see in need.
- Healing: I will pray for healing for myself or others who are suffering from physical or emotional pain.
- Forgiveness: I will pray for forgiveness for hurting someone.

St. Joseph's

Year Two Confirmation



Followers of the Way Journal



Name _____

Group Leaders _____

**Journal Entries for Session Eight
Reality: Your Life is Not About You;
Your Life is About Your Neighbor, Christ and God!**

Journal about the following:

1. One thing I learned tonight:

2. A key scripture story and/or lesson I remember:

3. Gratitude journal – five things I am grateful for:

- a.
- b.
- c.
- d.
- e.

4. I will pick one of the following prayer disciplines to practice this week:

___ 1. Prayers of gratitude:

Prayer example, "Jesus, my friend, I am thankful for....."

Write down when and how often you will take time to thank God for all the blessings in your life.

When: _____

How often: (daily, weekly)_____

___ 2. Breath Prayer:

For example, breathing in and out slowly and repeating to myself, "God of Life, thank you." or "Jesus, be with me."

**Journal Entries for Session Fourteen
Reality—You are Primarily a Spiritual Being!**

Journal:

One thing I learned:

One scripture I remember:

Five more things in my life I am grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.

Lifestyle challenge:

I will practice the prayer discipline of:

I will build up the spirit of others by:

Gifts of the Spirit Inventory:

Journal Entries for Session Thirteen

Illusion—You are Primarily a Physical Being

Journal the Following

The core message for tonight was.....

Key Scripture passage or piece of wisdom that leapt out

Gratitude journal: Five things/people I'm grateful for this week....

- 1.
- 2.
- 3.
- 4.
- 5.

Prayer discipline I will practice this week is:

Lifestyle Goal Setting Challenge:

"Jesus, you cured the blind, I will open my eyes this week to your presence by saying a prayer of blessing on those I see in school who are needing healing from_____."

"Holy Spirit, I will use my talent of_____ to create a positive atmosphere in my school."

- ___3. Prayers of recognizing 'God Moments' and being thankful for them.
- ___4. Encountering the mystery of Christ present in you and in the community each week in the Eucharist at Mass.
- ___5. Slowly reading a passage of the scripture slowly over and over again, listening for a 'word' that God will give you from that reading that will help you grow, heal, etc . This is called: Lectio Divina (Divine Reading)

Lifestyle Application:

1. Service and Justice applications:

- Individual commitments (based on Matthew 25):

Pick one you will commit to: I will....

- ___Bring food for the food shelf
- ___Donate some of your good clothes to the poor
- ___Visit someone in a nursing home or a homeless shelter and serve them food/drink.

2. Group involvement in service projects... Sr. Rose, etc...?

3. Make a commitment to 'random acts of kindness'.
Who will I surprise with a 'random act of kindness'?

e.g. give your mother flowers, do someone's chores at home without being asked, leaving a note of affirmation for someone at school without signing it,, staying after class to help a teacher, leaving a note of appreciation for a teacher, picking up litter on church grounds, etc.

4. Jesus showed by His example of washing His disciples feet what the proper attitude of service should be towards our neighbor. Jn.13:1-15. Give examples of individuals from your school who clearly act on behalf of the wellbeing of their neighbor.

Journal Entries for Session Nine Illusion: Life Should Not Be Hard and You Should Not Have to Suffer

Answer the following...

1. What I learned tonight:

2. A Scripture that leapt out at me:

3. Five more things/people I am grateful for...

- 1.
- 2.
- 3.
- 4.
- 5.

4. A prayer discipline I will practice this week:
(see page 2 & 3 for examples)



Affirmations – Fruit of the Spirit

Affirmations that spotlight the life giving goodness in each person are the Fruit of the Spirit. In Galatians 5:16, Paul describes the fruit of the

Spirit that are evident in people who are believers. Take a moment and find a “fruit of the Spirit that best describes each person in your group.

_____ **Love:** total giving and forgiving, seeing others through the eyes of Christ

_____ **Joy:** celebration of life flowing from deep, inner spiritual reservoirs.

_____ **Peace:** deep serenity, emotional health and well-being.

_____ **Patience:** ability to stay calm under trying circumstances, tolerant.

_____ **Kindness:** sensitive to the needs of others, helpful, sympathetic.

_____ **Goodness:** integrity, purity, strength of character.

_____ **Faithfulness:** endurance, constancy, steadfast to principles.

_____ **Humility:** healthy self-appraisal that is strong enough to be gentle, tender and child-like.

_____ **Self-Control:** stable, disciplined, poised under pressure.

Journal:

One thing I learned about my faith:

One scripture passage that struck me:

Write 5 more things about your life that you are grateful for:

A prayer discipline I will practice this week:

Lifestyle Goal Setting:

This coming week I commit to being a source of life to others by:

A prayer mantra I will use in the coming week as part of a breath prayer: e.g.

“Just to be (as you inhale),

“is holy.” (as you exhale)

Based on a prayer by Rabbi Heschel

Service and Justice Applications:

Who is someone or what group am I aware of who is dealing with disappointment, rejection, discrimination, self-doubt? _____

What I will do to reach out to them:

Lifestyle Goal Setting:

1. “Jesus, you know what it is to suffer and struggle, help me to not run from: (One area that is causing me struggle and pain right now in my life)

_____”

2. “Lord God when I see someone who is frustrated, down on themselves or have hit a wall, I will

_____”

Journal Entries for Session Ten
Reality: Life is Hard

Name of Hobby or Activity			
Hours/Days I Spend on Activity			
Sacrifices I Make To Do this Activity			
Sacrifices Others Make for My Activity			
Rewards To Myself Or Others			

Journal the Following:
 The core message was.....

Key Scripture passage or piece of wisdom that leapt out at me was.....

Gratitude journal: Five things/people I'm grateful for this week....

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

Journal Entries for Session Twelve
Reality—You Are Going To Die and You Are Going to Live Forever!

WHEN THE BONEY FINGER OF DEATH COMES A-TAPPING
 Think of a saying you would like on your tombstone that would best express how you would like to be remembered!

“Here lies.....he/she

Write 5 things you would like to have done to improve the world before you die:

- 1.
- 2.
- 3.
- 4.
- 5.

Fill in the blanks for the following prayers.

Jesus, source of new life, forgive me for the distractions of _____ and _____ that keep me from knowing you better and working on my spirituality.

God of mercy, I ask your forgiveness for the times I showed indifference and a 'cold' heart towards _____.

Lifestyle Goals for Living the "Pascal Mystery":

1. When I struggle in my relationship with my parents, I will _____

2. I will resist the struggle of peer pressure of _____ by having the following plan

3. One bad habit that I struggle with that I want to stop is _____

4. A specific prayer discipline I will practice this week (see page 2 & 3 for examples)

Fill in the following prayers:

Holy Spirit, Breath of God, fill me with courage so I will be able to take a stand on the behalf of _____

Holy Spirit of God, I will put my trust in you when I find myself struggling to _____

Journal Entries for Session Eleven
Illusion—Let’s Pretend—You Are Not Going To Die!

Self survey: Are you a ‘resurrection person’?

Do you think you are:

	Never	Rarely	Sometimes	Usually	Always
Someone others like to be around?					
Positive and affirming towards others?					
Happy to be alive?					
Smile and laugh a lot?					
Are respectful of your teachers?					
Show gratitude towards your parents?					

Journal the following...

1. What I learned tonight:

2. A scripture that I remember:

3. Five more things/people I am grateful for...

- 1.
- 2.
- 3.
- 4.
- 5.

4. A prayer discipline I will practice this week:
 (see page 2 & 3 for examples)

Lifestyle Goal Setting:

I will show gratitude to my parents who gave me life,
 by_____.”

I will affirm the value of life by:

- writing a letter supporting a pro-life stand towards life in the womb to a Planned Parenthood clinic.
- supporting the anti drug education going on in my school.
- getting rid of music, videos and movies I own that degrade life in some way.