

# Praying Under the Catholic Umbrella

Facilitated Discussion at 2008 NCCYM in Cleveland

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## Objectives:

- Identify a variety of religious expressions accepted in the Roman Catholic Church
- Consider benefits of presenting teens with a number of prayer options
- Reflect on how the minister's personal spirituality impacts the ministry

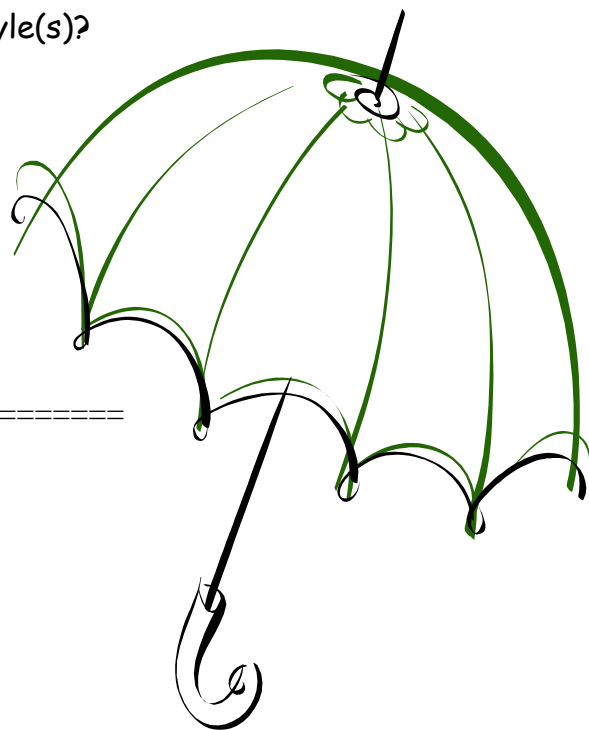
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## Your Starting Point:

- How would you describe your preferred prayer style(s)?
- What is your favorite way to pray?
- Where are your favorite places to pray?
- When are your favorite times to pray?

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## How many prayer styles/forms can you list?



## What/where are your personal prayer strengths in teaching teens?

## What/where are your personal prayer challenges? Who can you invite in to help add variety to the prayers styles with teens? What different prayer styles do I still need to experience?

“Prayer and Christian life are INSEPARABLE” (CCC sect. 2745)

Christian Spirituality invites us to deepen our appreciation of the sacredness of ordinary life and to see that our regular routine of work and family life contains countless opportunities for spiritual transformation... Wilkie Au & Noreen Cannon. Urgings of the Heart: A Spirituality of Integration. Paulist Press, 1995.

Worship enables us to remember a God who holds us in the palm of his hands, a God who molds and shapes us as a potter shapes the clay...a God who never forgets so that we can always remember.

Gregory Klein & Robert Wolfe. Pastoral Foundations of the Sacraments: A Catholic Perspective. Paulist Press, 1998.

In order to sustain yourself in faith you must regularly (most would say daily) spend an extended period of time in private prayer... Ronald Rolheiser. The Holy Longing: The Search for a Christian Spirituality. Doubleday, 1999.



“Rejoice always.  
Pray without ceasing.  
In all circumstances give thanks,  
For this is the will of God for you  
in Christ Jesus.”

(1 Thes. 5: 16 – 18a)