

Go Deeper

Disciple/Mentor Conversation #2: *Prayer*

For the mentor: *Nearly everyone wishes they had more time for prayer or are unsure if their prayer life “measures up.” As you meet with the disciple who has chosen you, be honest and real about your prayer life. We all have room to grow. Be sure to share how your prayer has changed over time (if it has) and anything you have learned about prayer or through prayer. You are not an expert, but a fellow disciple. As you journey together, it will be valuable to check back regularly and ask about each other’s prayer life. Also, be sure you are praying for your fellow disciple every day.*

For the disciple: *Prayer can be a mystery. People at church talk about prayer, but what do they mean? This month you will go deeper into a discussion of prayer with your mentor. It is important to know that there are many “right” ways to pray. The heart of prayer is your relationship with God and since no two relationships are identical, no two people pray in exactly the same way. Your mentor will share their own experience of prayer which has probably changed over the years. Don’t be afraid to ask questions and experiment with ways to pray (see the back page for some resources). Know that your mentor is praying daily that your relationship with God will grow. One of the main tools to grow your relationship is prayer.*

Opening Prayer (led by the mentor):

Help me to slow down, Lord, right now, before I think of something else that I should be doing -- as if it really is more important than you. ...[pause]... Let me sit in the quiet peace of your presence and soak up all that you have to say to me. Give me the patience and perception to do nothing else for these next few moments except to be totally, completely, and wonderfully centered on you! ... [allow 1-2 minutes of quiet before continuing]
From the Catholic Youth Bible Lk. 10:38-42

Faith Conversation (Share on the following, the mentor should share first):

1. What does the word “prayer” mean to you?
2. What is your prayer life like (How often do you pray?, What do you do when you are praying?, How do you feel when you pray?)?

Bringing Scripture into the Conversation

Invite the Holy Spirit to open your heart to the Word of God and read Gn. 18:20-32

1. What word or phrase in this reading caught your attention? What story did you hear or what image did you get? What touched you as you heard or read this reading?
2. When was a time when you asked God for something with persistence? What does that prayer say about you and who God is for you?
3. How would you like your prayer life to grow in the coming month? Are you committed to regular, daily prayer? Why or why not?

Praying Together

1. Name any people, needs, or concerns that you would like to pray for.
2. Conclude your Conversation by praying the Lord’s Prayer, Hail Mary, and Glory Be together.

For Further Reflection and Discussion

- The Catholic Youth Bible is a gold mine of prayer resources. All the “Pray It!” articles are filled with sound advice about prayer. Also, The insert section called “Praying with the Bible” pp. C9-C16 introduces the classical prayer called lectio divina. Despite its fancy name, it is simply reading the scripture in a way that is open to the voice of the Spirit. Open your Catholic Youth Bible and explore!
- There are lots of websites and apps dedicated to fostering prayer. Be sure to try:
 - <http://www.sacredspace.ie/>
 - <http://www.pray-as-you-go.org/home/>

These sites, along with the apps, make prayer easy. Check them out!

- The fourth section (questions 469-527) of your Youcat deal directly with prayer. For example:

#469 What is prayer?

Prayer is turning the heart toward God. When a person prays, he enters into a living relationship with God.

Prayer is the great gate leading into faith. Someone who prays, no longer lives on his own, for himself, and by his own strength. He knows there is a God to whom he can talk. People who pray entrust themselves more and more to God. Even now they seek union with the one whom they will encounter one day face to face. Therefore, the effort to pray daily is part of Christian life. Of course, one cannot learn to pray in the same way one learns a technique. As strange as it sounds, prayer is a gift one obtains through prayer.

“The desire to pray is already a prayer”

- George Bernanos

Date of meeting: _____ Mentor: _____

Disciple: _____