



Begin your time with your sponsor in prayer. Pick a prayer scripture passage from [this list](#) that calls out to you.

Sponsor and Candidate, take turns sharing the passage and why you are drawn to it.



PRAYER

Prayer is a dialogue with God. It's as simple as a conversation with the Lord. Most of us pray every day, even in small ways: "Thank you, Lord." or "Help me, Lord." As Catholics, we learn all the traditional formal prayers; we also learn about the many variations on prayer. One way is not better than another. The end goal is the same - that we grow closer in intimacy with the Lord, Jesus Christ.

When we turn our thoughts to God during the day, that is prayer. Most likely, we pray more often than we think. Over the next few months of Confirmation prep, be mindful of your prayer life. Recognize the moments of your day when your thoughts turn to God. Share those moments with your sponsor, prayer warriors, parents or prayer journal.

Watch This Video



After prayer, watch this video:

<https://www.youtube.com/watch?v=kiAMzghLcMA>

**Youtube: The Power of Prayer
By Father Mike with
Ascension Presents**

DISCUSSION



- ? *Take a minute and each write down as many forms of prayer as you can. Compare your list.*
- ? *How and when do you pray?*
- ? *What form of prayer off your list are you most drawn too?*
- ? *Are there any forms on the list of prayers that you struggle with?*



DEEP INSIGHTS:

We know that people are all different, and that learning styles vary widely. And yet we still seem to treat *souls* as if they are all the same, as if one form of prayer resonates with everyone. Which is silly and unhelpful. And has maybe even caused you some frustration over the years.

As the poet Rumi says, there are hundreds of ways to kneel and kiss the ground. In other words: there are many ways to pray and talk with God. I have some good news... If sitting on a meditation cushion for even 20 minutes has *never* worked for you, you aren't alone. And there's nothing wrong with you either.

Cool Catholic Moment:

Our spiritual types are diverse and varied! Here is your Cool Catholic moment for the day- there is such a variety prayers you can pray and so many ways you can pray them, that there is sure to be something that works in your life. No excuses, people! So let's check out what your Personal Spirituality type is. And then from there you can discover what prayers are most likely going to work for you at this time in your life.



Prayer Personality



Print off and complete: [The Prayer Personality Test](#)

(Both sponsor and candidate can do!)

Add up your score! Click on the Column # that you had your highest score in: [ONE](#), [TWO](#), [THREE](#), or [FOUR](#)

Share with each other!

Feel free to browse other Prayer Personality Types to see if other prayers call out to you! There is no one size fits all!

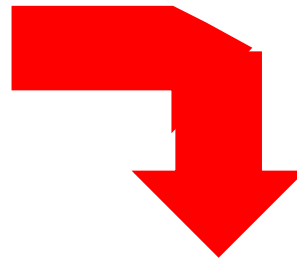
Watch This Video



Okay, so you know what prayers will work with your personality. But how do you actually pray? Watch this video on tips for praying:

<https://www.youtube.com/watch?v=yk8In-6KUGc&t=151s>

**Youtube: Tips for Praying
By Father Mike with Ascension
Presents**



Make a Plan

Both sponsor and candidate, make a prayer plan... where, time, for how long, types of prayer you will use. Hold each other accountable to this plan!

Even when we don't know what to say- when we don't know how to pray... ...the Spirit prays for us.

Romans 8: 26-27

In the same way, the Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings. And the one who searches hearts knows what is the intention of the Spirit, because it intercedes for the holy ones according to God's will.

TODAY'S CHALLENGE:



Read about your prayer personality, what prayers work for you, and what Saints might resonate with your life.



With the help of your prayer plan, snap a selfie of yourself praying in your favorite way.



Email Sarah: elmers@holyspirit-parish.org

Subject: Prayer Challenge.

Caption the picture:

"My prayer personality

type is _____ and my prayer plan

is _____. I am praying_____."

BONUS MATERIAL TO DIVE DEEPER

Watch This Video



Bonus video... when you are struggling to stick with your plan, check back here.

Watch:

<https://www.youtube.com/watch?v=Smana2aJxkQ>

**Youtube: Why is Prayer so Hard?
By Father Mike with Ascension
Presents**

[Catechism of the Catholic Church and Prayer](#)

[Books on Prayer](#)

[How to Practice Lectio Devina](#)

[Websites](#)