

Relationship with GOD

More than Just SUNDAY



Going Deeper in Prayer

understanding of the importance and commitment to a daily habit of prayer. If a family prays together, young people will see the value of prayer and its effects on each member of the family. As the children grow up, they will continue speaking with and listening to Jesus in prayer. Only Jesus can satisfy our hearts.

A recent survey taken of high school students has shown that young people from around the Diocese desire to develop a deeper friendship with Jesus Christ through prayer, going beyond simply saying words that possibly have no meaning for them. Rather, they truly want to pray the words of these prayers from their heart, speaking with and listening to Jesus Christ as they do so. They would also like to know how God guides them in daily life. In response to their requests, a new family-focused initiative has been developed called “Going Deeper in Prayer.”

This prayer initiative is based upon the fact that mothers and fathers want what is best for their children, and parents carry a responsibility as the primary educators of the young people God has entrusted to them. Parent’s role in guiding their children to this deep relationship with Jesus is essential. It is only through a friendship with Jesus Christ and being guided by Him through the joys and sorrows of this life that they, and all of us, will experience interior joy and peace.

The goal of the “Going Deeper in Prayer” initiative is to encourage parents to pray in the home with their children each day in order to continue to deepen their friendship with Jesus Christ. The role of parents is vital to each child’s

In this new initiative of “Going Deeper in Prayer,” the resources focus on one prayer for each age level. These prayers have been carefully chosen, beginning with the simplest words and what the smallest children are able to grasp. As young people mature in their late teens, there is a progression, always moving toward an adult relationship with Jesus. On the other hand, none of us is ever too old for any prayer. The Angel of God prayer in the “Going Deeper” initiative is for the youngest children, yet recently I was moved like never before in praying this prayer. For the first time, I prayed this particular prayer with an attitude of thanksgiving to God for the gift of my Guardian Angel. And this profound awareness has stayed with me.

The resources that are part of this new initiative include a different prayer card for each age level that briefly explains the effects of praying a particular prayer every day, such as encountering the Person of Jesus, deepening our relationship with Him and helping us to grow in our awareness of His continual Presence in our life. The simple format of the prayer card includes a brief time of silence to become aware of Jesus’ presence and to greet Him, and to thank Jesus for a particular blessing in our lives. On the back of the prayer card, short answers are provided to “Why pray?,” “When to pray?,” and “Where to

pray?” The prayer cards for parents of teenage students include “conversation starters”. These simple ideas will help parents further support their sons and daughters by initiating discussions.

Parents might think that their child already knows the Our Father, or their youth is familiar with the prayer after receiving Jesus in Holy Communion or their teen understands how to pray with a Bible passage. As parents with grown children, they might think this prayer initiative is not pertinent. Please take time to check out this initiative, which is for everyone. We can always go deeper in our understanding of the meaning of a specific prayer and how it is based upon Scripture. We may be helped to speak from our heart in a new way with Jesus, the Holy Spirit, our Heavenly Father or Mary. In going deeper by praying and learning about a specific prayer over a year, it will become a part of our lives that we will never forget. A prayer card and helpful resources can be downloaded here: <http://diolc.org/catechesis/going-deeper-in-prayer/>

Most importantly, God desires to spend time with each one of us. He wants us to know Him and to become more aware of how much He loves us. This is a good time to go deeper and deeper in our understanding of one prayer. Beyond doubt, prayer is the path to interior peace and true joy.

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