

## Seeking God's Guidance

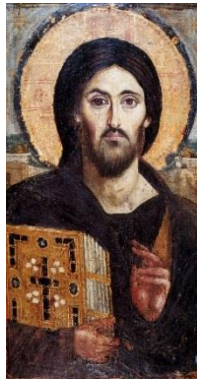
God communicates with us in many ways.

By taking time to listen to the Holy Spirit – the Spirit of Jesus dwelling within you – you will learn to recognize His guidance as you develop a growing friendship with Him. There will be difficulties and trials, but as you pray and listen for His guidance, you can, with His assurance, trust in the ultimate goodness of God.

**In the name of the Father, and of the Son, and of the Holy Spirit. Amen**

Ask Jesus for the grace of a deeper experience of His personal love for you.

As you notice this love in any way – write it down. Thank Jesus for this blessing in your life.



### Psalm 25

**To You, I lift up my soul, O my God. In You I trust.**

**Your ways O Lord make known to me,  
teach me Your paths. Set me in the way of  
Your truth, and teach me, for You are the God  
who saves me and my hope is in You all day long.**

**Good and upright is the Lord, He teaches the way to sinners;  
in all that is right He guides the humble, and instructs the poor in His way.  
All the paths of the Lord are love and truth for those who seek His help  
to keep His covenant and His decrees.**

**For Your name's sake, O Lord, forgive my guilt, for it is great.**

**Everyone who fears the Lord,  
which means reverence, awe and respect for the power of God, Creator of the Universe,  
will be taught the course a person should choose;**

**his soul will live in prosperity, his children have the land for their own.**

**The friendship of the Lord is with those who fear Him, and His covenant, for their instruction.**

(verses 1, 4-5, 8-14)

**Close with the Glory Be**

**Dear Young Person,****Why pray...**

Do you have a situation or a problem or an issue with which you need help and guidance? How would you like to know the best answer to this situation that would bring you and everyone else involved great joy as you discover it? As you pray Psalm 25, give the situation to the Holy Spirit and ask Him to show you the way to the best resolution or answer. Be listening and on the "lookout" for ways in which the Holy Spirit will answer you: through peace in your heart; circumstances around you; words from Scripture; words that trusted people say that seem to be from the Holy Spirit and "stand out" in some way in giving direction.

**When to pray...**

With most things in life, when we schedule something, it takes place. When we don't, it usually does not happen. Choose a specific time to pray and ask the Holy Spirit to strengthen your desire to pray, leading to a stronger commitment:

- In the morning
- After dinner
- In the evening

**Where to pray...**

Set up a sacred space in the home, keeping it simple. It is helpful to have a picture or statue of Jesus to help stay focused on Him during prayer time. The following may be included in the Sacred Space:

- A Bible
- A Crucifix
- A statue of Mary

**Who is the Holy Spirit?**

God has revealed to us that He is three Persons in one God. This is a mystery that we will understand more fully in Heaven. The Holy Spirit is the third Person of the Blessed Trinity. He is the love between the Father and the Son. The Holy Spirit was sent by Jesus to live in our hearts and bring us closer to Him. It is His power dwelling in us that enables us to recognize the voice of Jesus and follow His guidance.

**Dear Parents,**

In order to help your son or daughter to go deeper in their friendship with Jesus, one specific prayer has been given to them.

Young people are encouraged to develop a personal prayer time in addition to family prayer time. A wonderful way to support your son or daughter in personal prayer is to let them know that you will include Psalm 25 as part of your quiet time with the Lord each day.

Just as your young adult has been asked, you are also invited to pray to the Holy Spirit about a situation or a problem or an issue with which you need help and guidance.

You can further support your teen in personal prayer by initiating discussions during this year of formation. Here are several "conversation starters."

- I understand that you are praying Psalm 25 on a daily basis. I am also committed to praying this prayer each day. What stands out for you in this prayer? (Then offer what stands out for you.)
- Have you experienced something as a result of this prayer? Do you feel comfortable sharing that with me? Would you like to hear the effect that it is having on me?
- How are you being led to understand better the role of the Holy Spirit in your life?
- Since beginning to pray Psalm 25, how have you experienced a growth in these aspects:
  - Deepening your friendship with the Lord
  - Trusting in God more
  - Recognizing better the ways that God desires to guide you
  - Developing a deeper hope in God
  - Growing in understanding of God's covenant with you

For further info on Psalm 25, go here: <http://diolc.org/catechesis/prayer/> 12<sup>th</sup> Grade