

Seeking God's Guidance

This time of prayer focuses on *Psalms 25*. Pray *Psalms 25* two times: the first time for understanding, the second time from the heart. Follow the steps that are listed below.



Begin your prayer with the *Sign of the Cross*.

The *Sign of the Cross* affirms our belief in the three Persons of the Triune God and that we are saved by Jesus' death on the cross.

Sign of the Cross

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

(Pray together aloud when praying with others)

Jesus, please give me the grace to quiet down inside so as to become aware of Your love for me.

Jesus, I want to spend this time with You. Help me to give You my full attention & to pray from my heart.

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 will 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)

- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **PRAY** *Psalm 25* a second time, silently from the heart, more slowly than the first time,.
- **CHOOSE** a word or phrase from the Prayer that stood out for you. Silently think about it, speak with God about it, (and share it aloud with those with whom you are praying.)
- **THANK** Jesus in your own words for a blessing received. (Share this aloud.)
- **ASK** the Lord for any request that is in your heart. (Share this aloud.)

Close this time of prayer with the Sign of the Cross

Dear Parents,

In order to help your son or daughter to go deeper in their relationship 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.

Why pray... Do you have a situation or a problem or an issue with which you need help and guidance? 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. As you speak with the Holy Spirit each day in prayer, you will come to recognize more and more how much He loves you and find **peace** and **calm** in the midst of life's difficulties.

Where to pray... Set up a sacred space, with a picture or statue of Jesus to help stay focused on Him. It is common to experience **distractions** during prayer. It is important not to follow the distraction, but as you notice it, simply turn back to the prayer at hand. If the same distraction keeps returning, it could be something you will want to talk about with our Heavenly Father.

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.

When you pray for something, you can trust that God will answer every prayer in a way that is best for you. Remember, sometimes the answer will be “yes,” sometimes the answer will be “no,” and sometimes the answer will be “not now, but later” as God's timing is perfect.

You can further support your son or daughter in personal prayer by initiating discussions during this year. Here are several “conversation starters.”

- I understand that you are praying the *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?
- Have you encountered Jesus in praying this prayer? Is your friendship with Him deepening?
- Do you understand better how the Holy Spirit guides you? May I relate what I understand better?
- Are you growing in your awareness of Jesus' continual presence in your life?

Further info on *Psalm 25* and on “How God Guides Us”, go here: www.dioc.org/prayer/ 12th Grade