# DIOCESE *of* LACROSSE
## OFFICE FOR CATECHESIS & EVANGELIZATION

Dear 12th Grade Religion Teacher, Chaplain and Parents,

We are very excited to provide you with the 12th Grade "Going Deeper in Prayer" resources that have been requested over the last several years by high school students. In surveys and exit interviews, young people have stated that they want to know how God guides them in their daily lives.

How does somebody go about seeking guidance from God? How can we tell if it's just us talking to ourselves or if we're listening to God? These questions will be answered through the following sessions which will provide principles for knowing that **God guides us** and understanding how this guidance from God is given.

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| Session One – | Relationship comes first! |
| Session Two – | One step at a time |
| Session Three – | God guides us through Jesus' Words in Sacred Scripture |
| Session Four – | Through other people |
| Session Five – | Through the Holy Angels |
| Session Six – | Through the experience of peace in our heart |
| Session Seven – | Through our thoughts |

The format for each session includes:
- an Opening Prayer with key Scriptures that are the foundation, followed by a teaching on a specific way that God guides us; discussion questions are provided
- a Scripture passage in which God guided a person in the particular way of each session
- two modern-day true stories that portray God guiding individuals related to the teaching, revealing how the Holy Spirit still gives us guidance today.

As the young people study each of these ways that God offers us guidance, they/we will want to realize that even more important than understanding God's guidance, we want to know the Guide – Jesus Christ – Himself. Learning to listen to God and recognize the different ways He gives us guidance every day helps us to develop a growing friendship with Him.

Sincerely in Christ,
Ann Lankford                      Carol Lankford
Director for Catechesis and Evangelization      Consecrated Virgin and Spiritual Director