

# IGNITE TEEN HANDOUT

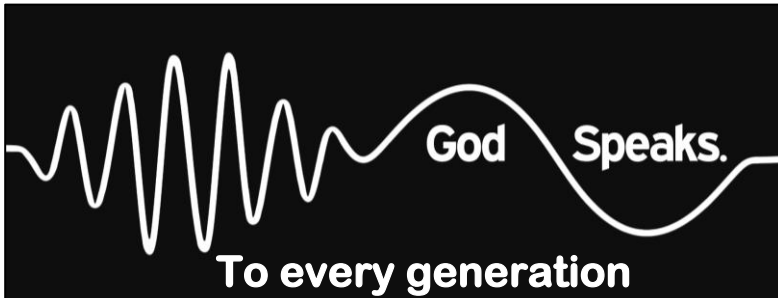
Week 16 – April 3, 2022

Praying with Scripture

# Ignite

SET THE WORLD ABLAZE

**Prayer is both an encounter and a conversation between you and God**



What are some of the ways God speaks to you?

S c r i p t u r e	people in your life	quiet reflective moments	m u s i c	
	nature	your dreams		
	Events in your life			
	Worship experiences	Feelings and sensations		
	random acts of kindness or beauty			
	family traditions	your questions		your needs & wants
	thoughts that occur to you			
	images	the unexpected		the faith community
	Text message	intuitions		

This is hardly a complete list.

- What might you add to the list?
- Anything on list surprise you?
- Which things on the list have been ways God spoke to you?



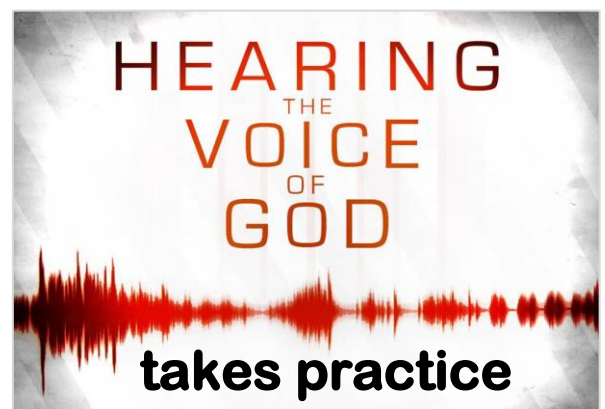
## Take the Dare

Ask two people this week how God speaks to them?



## Follow the logic

- Many people know about God, yet knowing is not the same as believing.
- Belief results form have a relationship with God. **Presence** and **Prayer** are the keys to having and developing a relationship with God.
- This is why no one can give you faith, you have to want and develop your own relationship with God.



# Praying with Scripture

## Experience #1



**Lectio Divina** (Latin for holy reading) is a contemplative reading of the Scriptures. It is a practice of meditation and prayer intended to promote communion with God and to increase our inner knowledge of the Word of God. It can be done in a group or by oneself. All you need is a Bible and a quiet space.

### Lectio Divina has four (4) simple steps

#### Getting Ready

Find a quiet place where you won't be disturbed/distracted. Choose a passage from the Bible. Ask God to be with you and open your heart to what he wants to tell you through this passage.

#### Step 1: Read

Read the passage slowly, paying attention to each word. Listen for any word, phrase or image that catches your attention.

#### Step 2: Reflect

Meditate on the word, phrase or image that caught your attention. Use your mind to analyze the word, phrase or image. Ask yourself what you think the word, phrase or image means. Pay attention to any feelings or memories that arise from that word, phrase or image for you (i.e. I remember my Grandma reading this story to me when I was little, I've always liked this gospel passage, the word or phrase is comforting or reassuring...)

#### Step 3: Respond

Ask God why that word, phrase or image caught your attention. What might be God trying to tell you with that word, phrase or image? Tell God how you are feeling and what you are hearing in this passage. You might want to journal a bit. When you are finished listening, thank God for spending time with you in this way.

#### Step 4: Rest and return

In the hours and days that follow, keep returning to your word, phrase or image. Look for ways to integrate God's message in your life.

## Experience #2

### Meditating with Scripture

A way of making the praying with scripture uniquely your own.

Meditation is a simple but life-transforming skill that can help you to relax, enhance understanding about yourself and develop your inherent potential.



## Experience #3 Praying with Music

Music has always been an important form of prayer. The Book of Psalms records the songs composed for prayer. Music is a powerful human creation that seeks to communicate ideas, emotions, and community.

When have you experienced music as prayer?

What are some of your favorite Praise and Worship songs? Why do these songs resonate with you?

Many contemporary secular songs can become prayerful if one slightly adjusts one's expectation (i.e. imaging God singing a love song to us). This is why the Mass of Rock is so popular. Can you think of a song you really like that could be thought of as a prayer?

MUSIC  
IS A  
FORM OF  
PRAYER,  
UNITING PEOPLE  
EVERYWHERE.  
TRANSCENDING  
LANGUAGE,  
TIME AND RACE-  
RHYTHM BUILDING  
AT A PACE  
WILL TRANSFORM  
MOST ANY PLACE  
INTO A HOLY,  
SACRED SPACE.

## What does the Bible say about prayer?

And if my people, upon whom my name has been pronounced, humble themselves and pray, and seek my presence and turn from their evil ways, I will hear them from heaven and pardon their sins and revive their land. **2 Chronicles 7:14**

When you pray do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward. But when you pray, go to your inner room, close the door, and pray to your father in secret. And your Father who sees in secret will repay you. **Matthew 6:5-6**

Amen, amen I say to you, whatever you ask the Father, in my name, he will give you. **John 16:23**

So humble yourselves under the mighty hand of God, that he may exalt you in due time. Cast all your worries on him, because he cares for you. **1 Peter 5:6-7**

Entrust your works to the Lord, and your plans will succeed. **Proverbs 16:3**

Is anyone among you suffering? He should pray. Is anyone in good spirits? He should sing praise. **James 5:13**

## Tips for praying

Everyone has to find their own way to pray. Prayer after all is both an encounter and conversation with God and each person has their own unique relationship with God. As our relationship changes our prayer will change.

Below are some common things people from all faiths have found to be helpful in developing a prayer life.

1. Find a quiet place and time. Prayer can be done anywhere but it is good to have a place that is conducive to relaxing and focusing our attention on God. Finding a regular time to pray each day can also be helpful to making prayer an important daily routine.
2. Calm yourself and put away distractions. It is important to be relaxed when we pray by finding a comfortable posture.
3. Use formal prayers or speak what you feel to God, or a combination of each. It is important to note that there is no “right” way to pray. Experiment with styles and forms of prayer. Prayer is an ongoing, developing relationship with God.
4. Take time to listen. God does speak to us in prayer but we need to listen with our hearts. Be open to what God is telling you rather than just on what you want to or expect to hear.
5. Use the Bible in your prayer
6. Keep a journal of prayer. Not only is this helpful in the present moment it will provide a record of how your prayer life is developing.
7. Have a proper attitude. Prayer requires openness to God and a desire to worship and get to know God better.

### Faith in Action

- Make a prayer goal for the next week. It should be specific and attainable (i.e., I will pray for 5 minutes each day when I wake up in the morning over the next week) Check in with your group next week to see how you did.
- Pray for the intention of one of your classmates this week
- Ask your parents about their prayer life
- Search for and use a prayer app on your smart phone or tablet. There are several good ones available. If you liked doing meditation find a meditation app.
- Create a playlist of songs you like that can be moments of prayer for you.
- Try integrating reading one short passage from the Scripture once a week. Try using the Lectio Divina technique to help you hear what God may be saying to you.
- When you go to bed at night, think about this quote attributed to Mother Teresa of Calcutta, “The first requirement for prayer is silence. People of prayer are people of silence” How can you incorporate more silence into your life?