



## FIRST MEETING PRAYER AND SPIRITUAL LIFE

*We are not concerned about instant sainthood in this discussion. The focus should be on developing skills and habits that will lead the candidate to closer identification with Jesus over the years.*

*How one prays is not as critical as the fact that you do pray. In this discussion, the sponsor should focus on nurturing a positive attitude toward prayer and helping the candidate develop a style of praying that is suitable for him or her at this point in life.*

### Discussion format

- Begin with a prayer. It can be traditional, spontaneous, memorized, or scripture reading.
- Obstacles to Prayer – Listed below are four elements that affect our ability to pray and common things that get in the way of praying. Share how these problems affect your own prayer life and try to help the candidate find some practical ways to overcome them.

#### 1. Time

- a. Can't find time
- b. Don't take time
- c. Other
- d. Possible solution

#### 2. Inner quiet

- a. Can't seem to settle down
- b. Can't concentrate
- c. Other
- d. Possible solution

#### 3. External quiet

- a. Can't find a suitable place to pray
- b. Can't find a place with good atmosphere for praying
- c. Other
- d. Possible solution

#### 4. Aids to prayer

- a. Can't find the right book or other aid for praying
- b. Don't know how to use the Bible well for this
- c. Other
- d. Possible solution

- Read and discuss the Nicene Creed together. What parts mean the most to you? Why?

- Scripture Search – Prayer
  1. Read together each of the following Scripture passages about prayer.
  2. Discuss each passage in light of these questions:
    - What truth or principle does it seek to teach us about prayer?
    - Does my own prayer reflect that truth? Should it?
      - Matthew 5: 3-11
      - Matthew 6: 5-14
      - Matthew 18: 19-20
      - Luke 11: 9-13
      - James 5:13-18
- Summarize your discussion and help your candidate develop a “program” for praying to be tried between now and your next session together.

Sponsor signature \_\_\_\_\_ Date \_\_\_\_\_

Candidate signature \_\_\_\_\_ Date \_\_\_\_\_

**MEETING SUMMARY (TO BE FILLED OUT BY CANDIDATE)**

One thing I enjoyed about our meeting was:

Some things I learned about prayer:

Something I learned about myself:

Our next meeting date is:

*Please return this signed sheet to your teacher or to the  
Religious Education Office*