



TO COMMUNITY

Session: Prayer

Session Aim: To examine the importance of prayer and discover different forms of prayer.

Time	Activity
00	Welcome and Introductions Go around and introduce yourselves (name an interesting fact!)
05	Icebreaker (Please see Icebreaker booklet)
20	<p>Introduction to the Session What is prayer? Do you pray? Do you think it makes a difference etc.</p> <p>The leaders of these sessions will, presumably, all be aware of the importance of prayer in the life of the Christian.</p> <p>But how much do the young people we are working with realise this?</p> <p>We cannot really say to young people to pray and say it is important without giving them some examples they can build into their prayer armoury.</p> <p>This session will be a very simple way of introducing different forms of prayer to the group.</p> <p>This session will work best by working on a carousel basis.</p>
25	<p>Split the larger group into smaller groups and have them carousel round the different speakers.</p> <p>Each speaker should offer a different form of prayer they can learn about and try, being led by a person confident in talking about that form of prayer.</p> <p>This session can be as big or as small as you want and can include any form of prayer you feel appropriate.</p> <p>Examples might include:</p> <ul style="list-style-type: none">• Rosary



- Lectio Divina
- Stations of the Cross
- Adoration
- Divine Office
- Praise and Worship music
- Meditation

Included in this time could be Prayer Stations and Emmaus Walks, or **these could be completely separate sessions.**

There are lots of Prayer Stations that can be found on the internet and require minimal set up and preparation. Simply Google Prayer Stations.

Prayer Stations are small activities that can be done in a reflective way in your own time as you walk around a room and spend as much or as little time on each one as you feel. They are quite effective when done well. The room should be set up to make the environment prayerful and atmospheric with dimmed lights, candles and quiet music.

It is better to find your own Prayer Stations than them being offered here as resources can vary and you can make a choice what is reasonable for you to set up. If you are struggling Animate have a bank of Prayer Stations that can offer any parish.

We would suggest dividing the number of young people by 3 or 4 to give you the number of prayer stations you will need. For example, 30 young people divided by 3 equals 10 prayer stations. This means you should not have many more than three young people at a station at any one time. If you have too few stations you will have overcrowding.

An Emmaus Walk can also work well if it is planned properly.

Give the young people a few questions to talk about, such as hopes and dreams for the future and set them off. It is probably a good idea to split the group yourself so friends do not simply stay in their comfort zone and talk to friends. An Emmaus walk is a time for young people to chat to each other in their own time. Let them walk round the garden and talk to each other and then gather them back after 15 minutes and perhaps ask for any feedback if you feel it is appropriate.

1.00

Final Prayer
(Please see attached booklet)