



Archdiocese of Liverpool  
Confirmation: Called to Community  
Prayer Booklet

# Introduction

Over the next few pages you will find a selection of prayer to use with your group. Resources, if needed, are stated.

## Prayer example 1:

Resources	Large rock, marker pen, bowl of water (or water source) large enough for rock to fit, Good Good Father by Chris Tomlin, speaker
Gather	Optional Hymn- One Thing Remains by Jesus Culture  You will need a rock big enough to fit each young person's initials on.  You will need to gather close to water for this prayer.
Listen	Jeremiah 29:11 For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.
Respond	Bring to mind some of the worries or feelings of uncertainty that you may be experiencing at the moment; maybe worries about exams, family issues, moving away or starting a new chapter in your life.  Pass the rock around the circle and write your initials on it when it gets to you, keeping your intentions in mind. Once everyone has written on the rock, throw it into the water symbolising our letting go of our anxieties and trusting in God to carry us through our lives on the path He has laid out for us.  Optional Hymn- Good Good Father by Chris Tomlin
Send Forth	Closing Prayer  Father,  We know that you have a plan for each of our lives – and we understand that the main desire for every one of Your children is to know Jesus more and to live our lives in a manner that is pleasing to You.  Help us to face the challenges of life by looking to You and relying on Your strength and knowledge to guide us. Let us never forget that our lives are orchestrated by You, every step, every plan, every way- You have paved for us.  Amen

## Prayer example 2:

Resources	Oceans by Hillsong United, speaker
Gather	<p>R/ Here I am, Lord! I come to do your will.</p> <p>I waited, I waited for the Lord and he stooped down to me; he heard my cry. He put a new song in my mouth, praise of our God. R/          You do not ask for sacrifice and offerings, but an open ear. You do not ask for holocaust and victim. Instead, here I am. R/          In the scroll of the book it stands written that I should do your will. My God, I delight in your law in the depth of my heart. R/          Your justice I have proclaimed in the great assembly. My lips I have not sealed; you know it, O Lord. R/</p>
Listen	<p>Revelation 3:20</p> <p>Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will come in to you and eat with you, and you with me.</p>
Respond	<p>Listen to 'Oceans' by Hillsong United and write down any key words or phrases that stand out to you in the song. Think about how they may relate to your own life and your faith journey.</p> <p>Encourage people to share their thoughts with the group once the song has ended.</p> <p>Too often in our busy lives we hear but don't listen. God wants us to listen to Him which can be quite difficult at times, especially when we're focusing on our own worries and anxieties. Simply sitting in silence and focusing on the words of the song helps to clear our minds and open our hearts to Jesus' voice.</p>
Send Forth	<p>Closing Prayer</p> <p>Holy Lord and Saviour,</p> <p>We know you long to share your presence and fellowship with us. We know you are nearby as we draw each breath. But we confess that we're often unaware, and even sometimes unappreciative of your presence.</p> <p>Therefore, we ask you this day to come into our hearts and fill our lives with your presence, comfort, and power. We want our lives to be lived for you and with you. Holy and Almighty God, thank you for providing Jesus as our Lord and Saviour. In his name we offer our thanks and praise.</p> <p>Amen.</p>

### Prayer example 3:

Resources	Lord I Need You by Matt Maher, speaker, paper, pens
Gather	Optional Hymn- Lord I Need You by Matt Maher
Listen	<p>Hebrews 12</p> <p>We are surrounded by a great cloud of people whose lives tell us what faith means. So let us run the race that is before us and never give up. We should remove from our lives anything that would get in the way and the sin that so easily holds us back. Let us look only to Jesus, the One who began our faith and who makes it perfect. He suffered death on the cross. But he accepted the shame as if it were nothing because of the joy that God put before him. And now he is sitting at the right side of God's throne. Think about Jesus' example. He held on while wicked people were doing evil things to him. So do not get tired and stop trying.</p>
Respond	<p>Explain that this is a time of personal reflection. Ask the following questions to the group and get them to write down their answers:</p> <p>What does faith mean to you? What sins do you feel are holding you back? Have you ever felt ashamed of your faith? When and why? When have you felt like giving up?</p> <p>Fold up and place the papers on the ground in the shape of the cross as a reminder to always hold on to our faith and belief in Him. And to follow His example by never letting wicked people or evil things come between us and Christ and to always persevere in our faith.</p>
Send Forth	<p>Closing Prayer</p> <p>Give us faith, O Lord, during times when we're weary, discouraged, and beaten down. Inspire us to trust in your great promises. Please give us courage, O Lord, when our faith wavers. Help us to obey your word no matter how challenging it may seem or how discouraged we feel.</p> <p>Thank you for giving us a bright future in Jesus and help us to live more consciously aware of this great gift. In Jesus' name we pray.</p> <p>Amen.</p>

## Prayer example 4:

Resources	Candles, statue of Our Lady
Gather	<p>R/ Commit your life to the Lord trust in him and he will act.</p> <p>If you trust in the Lord and do good, then you will live in the land and be secure. If you find your delight in the Lord, he will grant your heart's desire. R/</p> <p>He protects the lives of the upright; their heritage will last for ever. They shall not be put to shame in evil days, in time of famine their food shall not fail. R/</p> <p>Then turn away from evil and do good and you shall have a home for ever; for the Lord loves justice and will never forsake his friends. R/</p> <p>The salvation of the just comes from the Lord, their stronghold in time of distress. The Lord helps them and delivers them and saves them: for their refuge is in him. R/</p> <p>You will need to gather by a statue of Our Lady for this prayer.</p>
Listen	<p>Proverbs 3: 5-6 Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.</p> <p>Most of us have a desperate desire to understand, but in so many areas we must acknowledge that we cannot understand. We must approve of God's ways, even when we can't comprehend them.</p> <p>God sees the whole picture, while we only see our tiny corner of it. To trust in the Lord with all our heart means we can't place our own right to understand above His right to direct our lives the way He sees fit. When we insist on God always making sense to our finite minds, we are setting ourselves up for spiritual trouble.</p> <p>Our limited understanding can easily lead us astray. Every culture has tried to get God to approve of its definition of right and wrong, but God never changes and His standards never change. Every person must make a decision whether to live his or her life according to personal preference or according to the unchanging Word of God.</p>
Respond	<p>Reflect on the scripture and its meaning in silence.</p> <p>Light a candle at the statue while you pray</p>
Send Forth	<p>Closing Prayer</p> <p>We hand every area of our lives over to you, acknowledging that you know best for each situation. Lord, we ask that you direct our ways. While it's easy for us to worry and to try and take control of our lives, our families, and our futures, let us understand that our lives belong to you and you will guide us through whatever we come across. Amen.</p>

## Prayer examples 5:

Resources	We are here for you by Matt Redman, speakers, phones
Gather	Optional Hymn- We Are Here For You by Matt Redman  Each young person will need their phone.
Listen	Isaiah 61: 1-2  New International Version Translation  The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD's favour and the day of vengeance of our God, to comfort all who mourn.  Contemporary English Version Translation  The Spirit of the LORD God has taken control of me! The LORD has chosen and sent me to tell the oppressed the good news, to heal the broken-hearted, and to announce freedom for prisoners and captives. This is the year when the LORD God will show kindness to us and punish our enemies.
Respond	Just as God entrusted people in biblical times to spread the good news, he still uses people now and we are the voices of today. It is our responsibility to share our faith with others and to continue spreading the word of God.  Use your phone to send a message to someone in your life who you know may be in need of a kind word or some other comfort. Let them know that they are in your thoughts and you are praying for them.
Send Forth	Challenge the young people to continue to spread the Good News of the Gospels when they return home. Ask that they remember to be a source of comfort for those in need.  Closing Prayer  Place Your Spirit in our hearts, Lord Jesus Christ.; for You alone can guide us to be fruitful in Your Kingdom. Make us joyful and glad to be your servants, and bless us as we put our every effort into doing what You would have us do. We ask this for the glory of Your name.  Amen.

## Prayer example 6:

Resources	A4 sheet with jug/cup picture, pens, song, speaker
Gather	Theme: Joy Hymn of your choice (optional)
Listen	Romans 15:13  May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit
Respond	Ask the young people to write on the jug things that remind them of joy. It could be something like: favourite football team, their friends, their favourite holiday, a celebration. By the end it should be full. Ask some of the young people to feed back what they have put on their jug (if appropriate)  Explanation: Sometimes we cannot always see the joy that we have in our lives as other things like exams, college, university, work and other commitments/events can weigh us down. But when we trust in God, a God of Love and hope, we can be filled with joy, peace and hope by the Holy Spirit. You now have your own reminder of the joy that you already have had in your lives so far. (optional but young people can keep them as a reminder or could be used as a display) (Florence and the machine 'you've got the love' could be played during the activity – optional)
Send Forth	Concluding Prayer: Listen favourably to our evening prayer, Lord and grant that as we strive to share joy with the people we are caring for this week, may we experience even more of your love brings. Amen.  Sign of the Cross.

## Prayer example 7:

Resources	Speaker, Lord I need you by Matt Maher
Gather	[Optional Hymn] Lord I need you Matt Maher
Listen	Psalm 28:2 Hear my cry for mercy as I call to you for help, as I lift up my hands toward your Most Holy Place
Respond	Ask the young people to think about where they are today in their lives. How are they are feeling and if anything is holding them back. Ask them to write them down on some paper. Invite them to bring them forth and dispose of them in a respectful way of your choice (for example, a fire)  We offer everything we have to The Lord Our God, we ask for his mercies in all of aspects of our lives. That in the freeing of our spirits we may enter fully into union with Him, and wholeheartedly commit ourselves to Him.
Send Forth	Lord, in this moment, help us to give our everything to you, help us to receive your mercies so that we may pass them on to those around us. May the constant intercession of our Holy mother and the Saints, work to free our Hearts to be open to you. Amen.



## Prayer example 8:

Resources	Speaker, Climb by Will Reagan
Gather	<p>Response: [r/] Oh God of great Mercy, Infinite in Goodness</p> <p>Today all of mankind calls out from its misery to Your mercy to Your compassion [r/]          Fill us with your grace and keep increasing in us mercy [r/]          Protect us from our enemies, keep us from all traps and snares [r/]          Glory be to the father and to the son and to the holy spirit, as it was in the beginning is now and ever shall be world without end. Amen.</p>
Listen	<p>Zachariah 1:12          Then the angel of the Lord said, "Lord Almighty, how long will you withhold mercy from Jerusalem and from the towns of Judah, which you have been angry with these seventy years?"</p>
Respond	<p>Listen to the song, Climb by Will Reagan and the united pursuit band (6 minute version) invite the young people to sing along if they feel comfortable to do so.</p> <p>Explanation: Ask if anyone would like to share thoughts on the words, perhaps offer your own first. Then offer up the refrain, 'I will climb this mountain with my hand wide open.... There's nothing I hold onto'</p> <p>The climbing of the mountain can be related to our journeying with God striving to be closer to his presence. With my hands wide open implies as the next line says that he is not holding anything.</p> <p>To climb a mountain, you've got to have empty hands, you can't grab onto anything if your hands are full. Leading again to the phrase 'There's nothing I hold onto'</p> <p>It's more of a metaphor, we can't move on if we are holding onto grudges or neglecting mercy.</p> <p>Encourage the young people to think about a time they are struggling to let go and offer it up in prayer. Let them know that there are also people around to talk to if they need it.</p>
Send Forth	<p>Lord, we offer you this day. Take it and all that we have, help us to climb our mountain towards you, to pass over our troubles and trials. But help us also to open our hands and let go of the things that may be holding us back. To understand your mercy and forgiveness that we may give it to others.</p> <p>Amen.</p>

## Prayer example 9:

Resources	Speaker, You Never Let Go by Matt Redman, paper, pens
Gather	Optional Hymn] Oh no you never let go, Matt Redman
Listen	<p>John 8:2-8</p> <p>At dawn he appeared again in the temple courts, where all the people gathered around him, and he sat down to teach them. The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group and said to Jesus, “Teacher, this woman was caught in the act of adultery. In the Law Moses commanded us to stone such women. Now what do you say?” They were using this question as a trap, in order to have a basis for accusing him. But Jesus bent down and started to write on the ground with his finger. When they kept on questioning him, he straightened up and said to them, “Let any one of you who is without sin be the first to throw a stone at her.” Again he stooped down and wrote on the ground.</p>
Respond	<p>Give the young people a piece of paper. Ask them to write a situation they would like prayer for (one they would not mind someone else reading) ask them to craft the paper into an airplane and to throw it across the room. Have them go and find another plane and sit in a space. Read the intercession and pray for it.</p> <p>Explanation: Just as Jesus stepped in to save the woman, and pick her up from the ground so must we for each other, in the act of intercessory pray we extend mercy to those around us.</p>
Send Forth	<p>Lord, receive all of these prayers this morning. May our combined acts of intercession help those around us. Remind us to continue to pray for each other, so that our issues may be helped by the grace of your unending love.</p> <p>Amen.</p>

## Prayer example 10:

Resources	Speaker, Open the eyes of my heart Lord,
Gather	[Optional Hymn] Open the eyes of my heart Lord
Listen	Luke 23:34 Jesus said, "Father, forgive them, for they do not know what they are doing." And they divided up his clothes by casting lots
Respond	Ask the young person to think about a person they struggle to forgive. And to pray for the strength to move on from this situation. Explanation: On the cross Jesus understood fully the actions of his persecutors, sometimes we don't always understand the actions of those that we struggle with, but it is still a powerful act to forgive them, to show mercy for our own struggles just as Jesus did.
Send Forth	Lord may you receive this act of prayer, today. Help us to strive towards forgiveness in our lives, even in those times we don't fully understand a person's acts, or those when the person does not realise they have harmed us. Amen.

## Prayer example 11:

Resources	Emmaus walk questions
Gather	<p>Response: The Lord is merciful and gracious.</p> <p>Reader: Bless the Lord, O my soul; and all that is within me, bless his holy name.</p> <p>Bless the LORD, O my soul, and do not forget all his benefits. [r]</p> <p>Reader: The LORD is merciful and gracious, slow to anger and abounding in steadfast love.</p> <p>As a father has compassion for his children, so the LORD has compassion on those who fear him.[r]</p> <p>Reader: The steadfast love of the LORD is from everlasting to everlasting on those who fear him, and his righteousness to children’s children, to those who keep his covenant.[r]</p>
Listen	<p>Mark 10:52</p> <p>“Go,” said Jesus, “your faith has healed you.” Immediately he received his sight and followed Jesus along the road</p>
Respond	<p>Lead the young people on an Emmaus walk. Encourage them to walk in small groups and find a space for themselves. Give them these 3 questions to talk about.</p> <ul style="list-style-type: none"> <li>• What might keep you from recognising Jesus even when he’s next to you?</li> <li>• What might have to happen for you to open your eyes to Christ’s presence?</li> <li>• Have you ever been surprised to feel God’s presence in your midst?</li> </ul> <p>Preface the walk with the explanation that we are called to show the mercy and love of Christ to others. But first we must recognise Christ in our own lives, and just like the blind man recognise that we too might need to have our eyes opened. Allow the young people 10-15 minutes to talk, or longer if necessary, before bringing them back together to close with a prayer.</p>
Send Forth	<p>Lord, send your spirit and consecrate every one of us with its anointing, so that this year may be a year of grace from the Lord, and your church with renewed enthusiasm may bring good news to the poor. Proclaiming liberty to captives and the oppressed and restoring sight to the blind.</p>

## Prayer example 12:

Resources	Speaker, Benediction by Matt Redman, pens, paper, container to place slips of paper in
Gather	(Optional) Benediction – Matt Redman Young people to be given pens and paper.
Listen	“The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.” Numbers 6:24-26
Respond	Ask each young person to take a piece of paper and a pen. Ask them to think about the individuals they have come in contact with so far on their time of preparation, the people who have inspired them. Ask them to think about why they are here, what is it they are wanting from the Lord?  After a few moments, ask them to write down a blessing they have been given from the Lord. Something that this time of preparation has opened their eyes to.  Ask the young people to place their blessing within the container. Explain when we live our day to day lives, we can find it difficult to notice just how much the Lord blesses us and supports us. Yet this container shows just how much he works through us all, strengthening us and guiding us.
Send Forth	Lord,  We thank you for the opportunity we have been given by being here. We ask you to open our hearts and minds to you, O Lord.  Help us remember how you provide for each one of us, how blessed we are. Guide us to follow your footprints and be a guidance for others who may have lost their way.  We ask this through Christ our Lord, as we say  Our Father...