

Ministry Resources for Prayer and Worship: An Overview

As youth grow in faith, they learn to pray always and to pray in all ways. *Ministry Resources for Prayer and Worship* is designed for those who work with and walk with youth in this journey of discipleship, by providing ways for youth to participate in communal prayer and worship. This manual consists of four sections. Part A explores the role of prayer in youth ministry. Part B has three sessions for teaching youth to pray and for practicing praying in different forms. Part C provides eleven communal prayer services, which can be used on a variety of occasions throughout the year. Part D contains strategies and resources for helping youth communities develop patterns of prayer and for including youth in preparing prayers and liturgies.

Manual Contents: An Overview

Part A: The Central Role of Prayer in Ministry with Young People

The two chapters in part A explore the central role of prayer in ministry with young people.

Chapter 1: Prayerful Youth Ministry

- This chapter provides guidance for integrating a ministry of prayer and worship throughout all youth ministry and catechetical efforts. Also included are strategies, ideas, and resources for developing prayerful ministry with youth.

Chapter 2: Youth and Liturgy

- This chapter focuses on three main considerations for promoting youth participation in liturgy: preparing youth for liturgy, preparing liturgies with and for youth, and preparing the community for youth involvement. This chapter also includes practical strategies and helpful resource suggestions.

Part B: Sessions on Prayer

The three chapters in part B teach about ways to pray and provide a way to practice prayer with a youth community. These chapters can be used in a variety of ways within youth gatherings, religious education programs, or retreats.

Chapter 3: TAPP into Prayer

- This chapter provides an exploration of biblical prayer models and an explanation of the TAPP approach to prayer: Thanks, Admit, Petition, and Ponder. A communal prayer service and personal journal ideas provide opportunities to practice this prayer model.

Chapter 4: Praying with Music: Psalms for Today

- This chapter introduces youth to this powerful prayer form. They learn about the origins of the Psalms and consider songs from today that can help them pray. This chapter includes additional strategies for continuing this exploration.

Chapter 5: Triduum Participation: Watch and Pray

- This chapter prepares youth to participate in the Triduum liturgies by exploring the central symbols, actions, and Scriptures. Extension ideas are provided for each liturgy along with a process for regathering youth to reflect upon their experience.

Part C: Prayer Services

Part C contains eleven communal prayer services to be used with a youth community on various occasions.

Chapter 6: Bread: Broken and Shared

- This prayer, which is focused on the miracle of the loaves and fishes, invites participants to share about themselves and connects this sharing to the sharing of the loaves in Jesus' miracle.

Chapter 7: I Call You Each by Name

- In this prayer, participants reflect upon God's call to discipleship. This prayer includes an optional gathering activity that would help participants learn one another's names; some extensions to the prayer continue this theme.

Chapter 8: Praying with Blessed Kateri Tekakwitha

- This service provides an opportunity for communities to reflect in prayer upon the story and example of this amazing and faithful American Indian woman.

Chapter 9: Praying with Our Lady of Guadalupe

- This prayer offers youth communities a time to stop and listen to Our Lady of Guadalupe in the way that Saint Juan Diego did centuries ago. In this prayer, participants hear the message of Mary to all people in the Americas.

Chapter 10: We've Come This Far by Faith

- This prayer celebrates the faith and hope of African and African American leaders and heroes.

Chapter 11: Praying for Mothers and Fathers

- This prayer provides youth a chance to pause and reflect with gratitude on the gift of their parents.

Chapter 12: Praying for Peace

- This prayer invites participants to pray for peace and to consider the needs of their neighbors throughout the world. It includes opportunities to listen and pray using the Scriptures and Church documents.

Chapter 13: Leadership Commissioning

- This communal prayer should be used in conjunction with the training and formation of youth and adults as leaders in ministry. This prayer focuses on the symbol of oil and describes its use in prayer.

Chapter 14: Grieving the Loss of a Peer

- This prayer provides an opportunity for youth and adults to pray at a time of loss in the community. It also invites participants to gain strength and hope from Jesus and to celebrate the life of a friend.

Chapter 15: Praying During Advent

- This four-part prayer service is to be used during the four weeks of Advent. Each week, the participants pray and reflect on the meaning of each candle through the Advent season: hope, peace, joy, love.

Chapter 16: Return to Me: Reconciliation Service

- This communal penance service uses the story of the prodigal son to engage participants in preparation for and celebration of the sacrament of Reconciliation. Through this service, participants reflect on their lives and where in their lives they have strayed from God's call to discipleship. This service uses the form of a "Rite of Reconciliation of Several Penitents with Individual Confession and Absolution."

Part D: Strategies and Planning Processes

Chapter 17: Patterns of Prayer for Youth Communities

- This chapter provides a collection of prayers to help youth communities pray regularly. Also included are ideas for ways to pray anytime and anywhere with a youth community.

Chapter 18: Planning for Communal Prayer

- This chapter provides a process for introducing youth to planning communal prayer. It includes helpful worksheets and handouts.

Chapter 19: Preparing for Mass

- This chapter provides guidance for leaders in preparing Mass, along with a step-by-step process for prayerful preparation. Worksheets are included for Mass preparation and for preparing the general intercessions.

Background Information and Additional Resources

Background Information

The background pieces in the Digital Download provide the kind of information that will support your ministry with young people and make it more enjoyable.

Sacraments and Sacred Seasons: The Worship of the Church

- This background piece provides an opportunity for youth ministry leaders to reflect on the sacramental life of the Church and offers a discussion of the annual cycle of religious feasts and seasons that serves as the broad context of the communal worship of Catholics.

Growing as a Catholic Christian: Life in the Spirit

- This piece introduces the concepts of religious identity and styles of faith and briefly describes four faith styles that stereotypically emerge in a sequential order throughout the life process.

More Prayer Resources

These resources found in the accompanying Digital Download complement the prayers and strategies contained in *Ministry Resources for Prayer and Worship*.

Rituals, Rites of Passage, and Blessings

- Rituals are at the heart of Catholic Christian identity and community. This piece includes a variety of rituals and blessings for young people, as well as ideas for acknowledging and celebrating rites of passage with young people and their families.

Nongathered Prayer and Worship Strategies

- This piece has a variety of ideas and suggestions for providing prayer opportunities to young people in off-site settings, such as the home.

How to Use This Manual

Ministry Resources for Prayer and Worship is designed to help bring prayer into a variety of ministries and gatherings of youth. Prayer can be part of everything you do with youth. Prayer can also be a focus for gathering. To begin planning for your prayerful youth ministry, you can choose from at least two starting points. One way to start is to consider an event or gathering that you are planning. Review the prayers and resources to identify elements you can include in that event.

Another way to start is to look at your plans for the coming year or season and choose times to gather to learn about prayer and to pray as a community. Some of the prayers can be connected to a season or event in the life of the community. Others are good anytime, anywhere.

The most important starting point for prayer is to consider the people you are praying with: for what do we need to pray today? There is always a need for prayer, and God always provides a way. These resources remind you of ways to get started.