

# Forms of Prayer

## VIDEO LINK

<https://www.youtube.com/watch?v=tfIzRyTGtWY&feature=youtu.be>

## GOAL SUMMARY

The goal of this session is for teens to learn how to pray by using a simple method.

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This video is Chris Stefanick discussing an easy method that he encourages young people to use to begin or enhance their prayer life.

## DISCUSSION QUESTIONS

1. An acronym for prayer is ACTS: Adoration, Contrition, Thanksgiving, and Supplication. Which of these areas do you feel like you spend the most time in prayer? In which area do you feel like you need to improve the most?
2. Chris gives us a 12 minute daily challenge: Read the Gospel, ask the Lord how he wants to speak to you through the Gospel, and then have a conversation with God using the ACTS method for that conversation. Does this seem reasonable? How can you add these 12 minutes to your day?
3. Do you speak to God like you would speak to a friend? Why or why not? Do you think God wants to hear what you have to say?
4. What is the biggest obstacle to your prayer life?
5. How as a small group can we adapt this “ACTS” model of praying into our activities/meetings/practices (adapt according to your group)?

## SEND

God desires our hearts and he wants to speak to us. The best way to speak to God is through prayer.

Pray together:

*Jesus, you are all good and mighty! So many times we have let you down and yet you still bless us. You have given us so many blessings in our lives and we are humbled by them. We ask that you be with us this day and continue to speak to our hearts. We love you Lord, Amen.*