



Prayer Service Packet

Thank you for requesting our Prayer Service Packet. Information will be updated on regular bases to keep with the Liturgical Calendar, Special Feast days, and Themes.

Why is a Prayer Service and Prayer Center important in a family home, youth meeting, faith formation and retreats for our youth and their families?

- Beautiful Prayer Center inspires one to come to pray and helps bring a minute of peace. It also helps you focus on the moment.
- A simple prayer service such a family coming together for night prayer to attending mass helps you grow in your faith practices and brings you closer to God.
- Providing prayer opportunities for youth and their families will help bring peace and holiness to them.

The *Packet* will cover the following...

- **How to Prepare a Prayer Center**
- **Planning a Prayer Service**
- **Different forms of Prayer Service**
- **Resources**
- **Prayer Service Forms**
- **Simple Prayer Service**



Preparing your Prayer Center

Basic Supply List

- Linen
- Candles
- Flowers
- Statue/Cross/picture (Jesus or Mary or Saint)
- Small Table
- Bible
- Rosary
- Optional: Small gift for participants – should reflect theme (prayer card, saint's medal, holy water, prayer rock, etc.)



Planning a Prayer Service

Begin to plan....

- Purpose for Prayer Service-Weekly youth meeting, Youth or Family retreat, etc.
- Read the Readings of the day. (USCCB.org)
- Reflect on what the readings
- Follow the Liturgical Cycle
- Select a place for your prayer center
- Select your form of prayer (The basic forms of prayer are praise, **petition** (supplication), intercession, and **thanksgiving**) Sample style-
Lectio Divina
- Gather and organize supplies needs for center.
- If you have a theme for your gathering you may consider a symbol.

Optional: a symbol (medal, prayer card, small token to reflect your event that can be put on the center to be blessed and given to your participants



On-Line Resource

Different Forms of Prayer Service

Loyola Press

God is always with us. He wants us to talk to him and to listen to him. In prayer we raise our hearts and minds to God. We are able to speak to and listen to God because, through the Holy Spirit, God teaches us how to pray.

We Pray in Many Ways

Because prayer is so important, the Church teaches us to pray often and in many ways. Sometimes we bless or adore God (prayer of blessing and adoration). Other times we ask God for something for ourselves (prayer of petition). Sometimes we pray for others (prayer of intercession). We also thank God in prayer (prayer of thanksgiving). Finally, we can also praise God (prayer of praise). We can pray silently or aloud. We can pray alone or with others. Praying with others is called communal prayer.

How to do Lectio Divina

- Reading. Read a passage slowly and carefully within the bible.
- Prayer. Having a loving conversation with God.
- Meditation. Thinking deeply or swelling upon a spiritual reality within a text.
- Contemplation. Resting in God's presence.
- Action. Go and do likewise.

We Meditate and Contemplate

One way to pray is to meditate. To meditate is to think about God. We try to keep our attention and focus on God. In meditation we may use Scripture, prayer books, or icons, which are religious images, to help us concentrate and to spark our imagination.

Another way to pray is to contemplate. This means that we rest quietly in God's presence.

We Get Ready to Pray

We live in a very busy, noisy, and fast-paced world. Sometimes, because of this, we have difficulty concentrating. In order to meditate or reflect, we need to prepare ourselves.

We can get ready for meditation by resting our bodies in a comfortable position. Sitting with our backs straight and both feet on the floor is one comfortable position. We can close our eyes, fold our hands comfortably in front of us, and silently take a deep breath and then let it out slowly. We can establish a rhythm by slowly counting to three while breathing in and slowly counting to three while breathing out. Concentrating on our breathing helps us to quiet our thoughts.

We Avoid Distractions

If we become distracted by thinking about something, such as the day at school or work, we can just go back to thinking about our breathing.

After a little practice we will be able to avoid distractions, pray with our imagination, and spend time with God or Jesus in our hearts.



Prayer Service Preparation Form

Name of Service: _____

Season of the Church Year and Color:

- _____
- *Read and reflect on rituals and symbols of this season*

Scripture

- Psalm (sung) (seasonal/proper?) _____
- Gospel _____
- *Read and reflect on scripture*

Describe the assembly(ies) for which you are planning (age, culture, language, etc.)

Describe the music leaders (by number, capability, instruments, cantor, etc.)

Describe any strengths/limitations of worship space, presider, other ministers
(if applicable)

Opening Prayer

Reading

Closing Song/Music? _____

How do we shape the prayer environment to celebrate this service in its fullness?

Ministers

Presider: (Priest/Deacon/Youth Minister) _____

Readers: _____

Cantor(s):(Choir Member) _____

Music Leader(s): _____

Environment

- Reflect the season of the Liturgical Year
- Prayer Center (Possible materials used- small table, cloth, candles, flowers, cross, symbol to reflect the service)

Leading a Prayer Service

16 Things to Consider

Communal prayer is when two or more people gather together to raise their minds and hearts to God. A prayer service is a form of communal prayer that follows a set order with designated parts (Leader, Reader, All).

In general, prayer services follow a basic pattern.

Gathering/introduction—song, greeting, opening prayer

The Word of God—Scripture reading, response, silence

Shared prayer—petitions, traditional prayers, litanies, composed prayers, and so on

Conclusion—closing prayer, blessing, song

In addition, a prayer service may include nonverbal expressions such as gesture and ritual.

As a catechist/youth minister, you will be called upon to lead prayer services from time to time. Here are some things to consider when leading such services.

The Role of the Holy Spirit

The Holy Spirit guides all prayer. Prayer leaders do not perform, but offer themselves as a vehicle of the Spirit for those at prayer. Pray to the Holy Spirit to guide and inspire you.

Scripture

Prayer services should always involve the Word of God so that participants can listen to God speaking to them.

Music

Singing and instrumental music are not just frosting on the cake. They are essential ingredients in prayer services.

Environment

Introduce elements into the environment to create a greater awareness of the sacred. Consider candles (when appropriate), dimmed lights, enthroned Bible, cross, and objects from nature such as flowers, rocks, and shells.

Assembly Participation

Don't think of what just *you* are doing during prayer. Ask yourself what the assembly is doing. Be sure to involve the assembly as a whole in the prayer, not just those taking the Leader or Reader roles.

Nonverbal Elements

Consider the elements of movement and gesture (procession, bowing, venerating the Bible, outstretching hands, laying on hands, blessing) and of symbols (water, oil) as well as of silence.

Verbal Elements

Follow and borrow from the prayer of the Church (Roman Missal, Liturgy of the Hours): introductory rites, psalm responses, antiphons, penitential acts, collects, intercessions, and blessings. These prayers are rich and evocative and therefore, powerful.

Liturgical Feasts and Seasons

Pay special attention to the time of the liturgical year (Advent, Lent, feasts, solemnities) when selecting themes and prayers.



Simple Prayer Service Handout

Opening Song (optional)

✝ Sign of Cross

Psalm

Gospel reading:

Reflection:

Prayer of Faithful:

- Response: Lord, hear our Prayer (Sample)

Prayers:

- Our Father
- Hail Mary
- Other

✝ Sign of Cross

Closing Song- Optional

Sample:
Prayer Service
LENT



The Lord is kind and merciful

Luke 13:6-9

Jesus told them this parable: “There once was a person who had a fig tree planted in his orchard, and when he came in search of fruit on it but found none, he said to the gardener, “For three years now I have come in search of fruit on this fig tree but have found none. So cut it down. Why should it exhaust the soil?” He said to him in reply, “Sir, leave it for this year also, and I shall cultivate the ground around it and fertilize it; it may bear fruit in the future. If not you can cut it down.”

Reflection

In days, First Reading from Exodus (3:1-8, 13-15). We, like Moses, sometimes need a divine ploy to be stopped in our tracks. What is the “burning bush” God is using to get your attention this Lent? Perhaps conversion is more about waking up and less about focusing on sins or mistakes. Clearly, Jesus thought so. In today’s Gospel reading, he tells us that God is like to gardener who provides expert care and nourishment for an ailing fruit tree, then waits for it to respond to a fresh opportunity for new growth. This is the season to come alive again and bloom!

Prayers of the faithful

R: Lord, hear our prayers

- To Christ, the rock from which living water flows, **we pray**
- For our Church, that she will respond to the spiritual thirst of those seeking the living waters of faith in Jesus Christ, **we pray**
- For our world, that people of every nations will work together to safeguard natural resources for future generations, **we pray**
- For civic leaders, that God will renew their spirits to enable them to work for the good of all, **we pray**
- For those who have gone before us in death, that they will rejoice forever in God’s presence, **we pray**
- For the elect preparing for the Easter sacraments, **we pray**
- For our own special intentions, **we pray**

Our Father, Hail Mary, Angel of God, Glory be, Jesus-Jesus

God of life, you quench our thirst with living water from the rock who is Christ. During this holy season, awaken us to opportunities for new growth. Help us become springs of refreshment for those who have lost hope. Through Christ our Lord. Amen.



The Lord is kind and merciful



Prayer Service Resources

- Unites States Catholic Conference of Bishops-
USCCB
- Loyola Press
- Oregon Catholic Press - OCP
- Lectio Divina of the Gospels – Liturgical year
USCCB (Book)
- Archdiocese of Santa Fe Office of Youth, Young
Adult and Campus Ministry – ASFYM.org