



# Youth Leader's Manual

With the help of the Holy Spirit and staff, our Faith Formation & Youth Ministry:

- ★ Provides students transformational relationships with adults who journey with them, encourage them and guide them as they develop and deepen a personal relationship with Jesus and embrace discipleship;
- ★ Model for and train students to pray, read Scripture & share their faith;
- ★ Empower and hold students accountable for forming habits of faith practices: gratitude, prayer, Sacraments, Scripture & service.

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My name is Jenny Krumdrick; I am a Self-Worth Strategist and Catholic Inspirational Speaker. I equip teens and adults with the mindset & skills for wholeness through workshops, group & individual coaching and a unique online community called My Place.

*www.My-Place.circle.so*

My goal is to empower women with *helpful and compelling content* in a way they can *easily learn & practice!* I provide tremendous value that's *convenient & affordable* for busy people!

**Community Members love it because they receive:**

- 👩 Fabulous Growth Friends & Belong to an Inspiring Community
- 🎤 LIVE Training & LIVE Coaching Session Every Month (via Zoom)  
(Training recorded for later viewing)
- 🦋 A Simple & Streamlined Process for Action & Growth
- 💪 Mindset & Skills for Becoming Strong in Every Arena

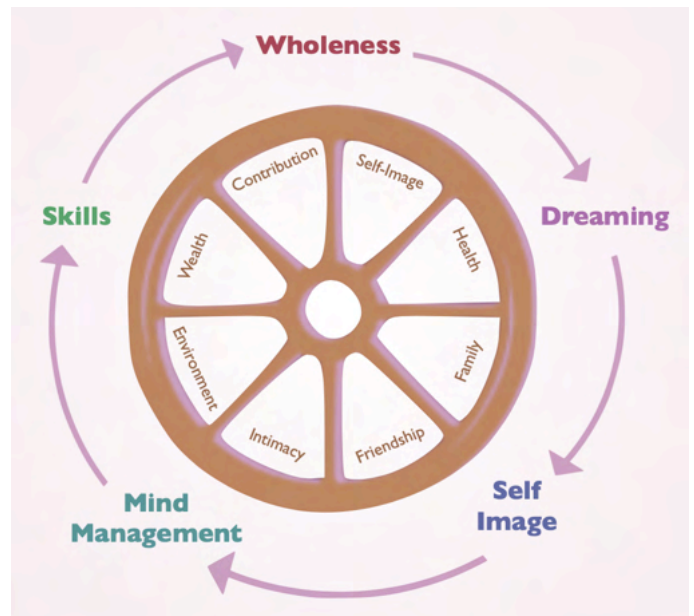
**Women grow in wholeness for themselves AND are equipped to support youth with strategies for becoming confident & resilient.**

This unique platform empowers women to:

- Recalibrate negative thoughts
- Elevate self-image
- Improve emotional health & relationships
- Know your worth and pursue your dreams without fear or self-doubt

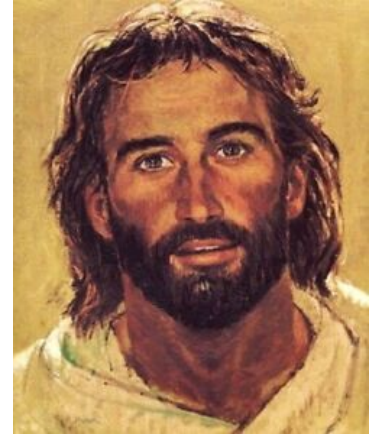
*Let's connect!*

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## Goals for Faith Formation & Youth Ministry

- ✓ Journey with teens and guide them as they develop and deepen a personal relationship with Jesus (become disciples) through prayer, Scripture, and faith sharing.
- ✓ Empower and hold teens accountable for forming habits of faith practices: gratitude, prayer, Sacraments, Scripture, and service.



## Roles for Leaders

- ✓ Leaders will **build relationships** with students to sincerely convey their care and model God's love.
- ✓ Leaders can **assess the spiritual disposition** of each student (where are they at in their faith journey).
- ✓ Leaders will be trained to **evangelize** and share the Gospel message and invite students to open their heart to Jesus in a conversational way that takes into account their receptivity.
- ✓ Leaders will **guide students** as they deal with their difficulties—helping them to apply their faith to their specific situations.
- ✓ Leaders can systematically **train, encourage, and hold students accountable to developing habits** of prayer, Scripture, Sacraments, and service throughout the year.

## What Leaders Do:

- Listen more than they speak
- Give wisdom based on God's word
- Offer perspective based on a Christian worldview
- Model a Christ-centered life
- Support through prayer
- Remember that the relationship is about the student
- Remember that this is a journey and faith growth is a process
- Provide accountability through vulnerability and authenticity
- Be an encourager! Believe in the students you lead!



## You Can't Give What You Don't Already Have!

Strive to give from a place of abundance (rather than depletion!). We must “fill our cup” so that we overflow the joy and peace of God when we connect with the students.

- \* What daily, weekly, and monthly spiritual disciplines can you secure in your routine to ensure you are receiving the fuel you need for your life, family and ministry? Daily prayer, silence, meditation, intercessory prayer, reading Scripture, Adoration, Mass, Reconciliation, etc: \_\_\_\_\_



## Protecting God's Children's Guidelines

In order to protect you as well as the students, please adhere to the following:

- ✓ Always meet where another adult can have access to visual monitoring of your group.
- ✓ You should NEVER meet alone with one student. If a student's parents are late picking him/her up, ask a staff person or the second to last parent to wait with you so you are not alone with the student.
- ✓ Ensure the content of the conversations and media shared stay appropriate (no swear words, sexual content, or lewd images).
- ✓ All adults are required to create an account at [virtus.org](http://virtus.org) and ensure compliance with the training as well as forms are up-to-date.
- ✓ If there is an emergency that requires medical attention, contact emergency services immediately, followed by parents and a staff member.

## Setting Boundaries for Leaders

### ★ Why is it important to set boundaries?

Boundary setting is important so that each person involved in the youth ministry relationship is clear about his or her role. They help to establish and nurture trust in a relationship. Most significantly, they help to protect not only the student, but also the adult.



★ **What is a boundary?** A boundary can be thought of as a protective barrier that helps to keep us safe and allow for freedom in the relationship. For boundaries to be effective, they need to be applied on a consistent and ongoing basis. Boundaries teach student's what healthy relationships look like.

★ **Communicating:** STUDENTS & ADULTS SHOULD NEVER USE PRIVATE PHONE NUMBERS OR ANY SOCIAL MEDIA to communicate. If a student requests a private phone conversation, adults must get permission from his/her parent *each time* so the parent is aware of the communication.

★ **Emotional Boundaries:** To ensure adults do not enable students, adults need to maintain a level of emotional detachment from the student (not take on their problems or take responsibility to fix them). Adults must expect respect from students. Here are some prompts for healthy emotional boundaries:

- I care about you, but I cannot take away your problems.
- Please use appropriate/respectful language when speaking to me or about others...
- I will not let others make me feel guilty.
- I will not do something for you that you are able to do for yourself.
- Haven't we agreed that...

# Striving for DISCIPLESHIP

“Go make disciples!”—JESUS in Matthew 28:19

”Discipleship is my choice to follow Jesus”

—Jenny Krumdrick

★ Disciples are people who intentionally learn from and follow Jesus’ way of living.

★ We are called to *disciple teens*—*intentionally leading them closer to Jesus*.

## 1. Discipleship is Relational

- Our church is a place for creating authentic relationships that offer what youth are craving—belonging, acceptance, and unconditional love.

## 2. Discipleship creates a safe and accepting environment

- Participants will respect each other, commit to confidentiality, and find the courage to be vulnerable.

## 3. Discipleship is Gospel-focused

- Adults can intentionally weave in Scripture passages and the transformative message of the Gospel so students can discuss, ask questions, and grow in understanding, accepting it, and applying it in their lives.



★ Adults can systematically and strategically help students grow in understanding of our faith: Scripture (especially the Gospel message), Sacraments, and Liturgical Seasons.

★ Adults can systematically & strategically guide students to applying faith practices in their life



**Open Heart + Applied Faith =**

What we bring

What we do

**Transformation**

What we get

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.

2 Timothy 3:16-17

# Stages of Discipleship

## 1. Disciples LEARN

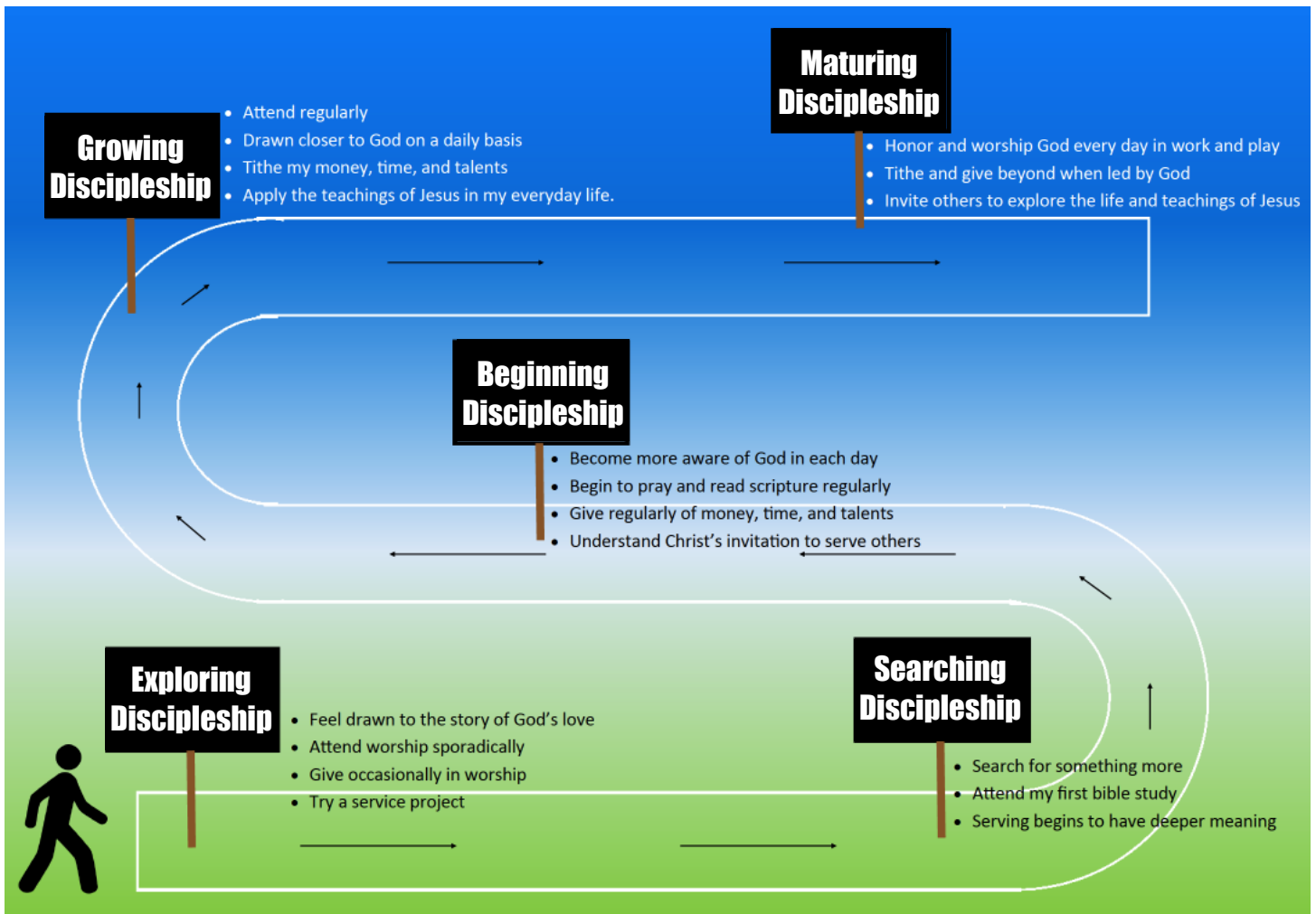
- Feeding our brains through thought-provoking discussions about WHO is Jesus, WHAT Catholics believe, and the WHY behind it.

## 2. Disciples GROW

- More than just knowing about God, we grow in relationship with God. The closer we get to Jesus, the more our lives change to become like Him—that's TRANSFORMATION!

## 3. Disciples SHARE

- Compelled by God's love, we desire to show love to others through our relationships, words, actions, and how we serve. Ultimately, we strive to bring others to learn about Jesus' love too!



<https://www.decaturnmethodist.org/find-god/pathway-of-discipleship/program-details/>



## Understanding Today's Middle Schooler

- They are searching
- The Church is in many ways **surging with excitement** and participation of youth
- They want to do what their peers are doing
- “Are people going to like me???” (Biggest concern)
- Connected to music
- Wired to technology 24/7 (but experiences less community/family than any other generation)
- So much energy!
- Feeling awkward physically
- Big hearts, love to serve, help, “be needed”
- Desperate to be older; awkward in attempts
- Quickly shifting opinions depending on reception
- Some ages, very different physical and emotional stages, especially between sexes
- Sexuality is blossoming, everything seems sexual in “connotation”
- They explore sexuality with peers and media more than parents
- Independence of middle school encourages finding your image outside of the identity of family
- Want to act like young adults, but still feel like kids
- Techies to the point of compulsive texting, gaming and bad media habits



## The Gen Y & Millennial & Gen Z

- Tech-savvy, cell phone generation; Internet and social media
- Over-stimulated; busy and distracted; identity marketed to them
- “Reality” taught to them through TV
- Cyber-bullying; “virtual” I.D. & Virtual Relationship
- Genuine and authentic relationships are what their hearts crave; however, they are less equipped to communicate effectively, be vulnerable, and commit



# Foundational Elements to a Great Gathering

## Prior to your gathering

1. **Pray** for each student (and their families) and ask the Holy Spirit to guide your conversation by prompting you with the best questions to ask, patience to listen more than you speak, and with the wisdom to respond succinctly.
2. **Review** the content for this coming meeting as well as your notes from your last meeting for follow up questions/accountability for each student's specific situation.

## When meeting with your students:

1. **Remind** them how grateful you are to spend this time with them, encourage them to set aside any distractions (like their phone, etc) and that they need to respect each other with openness and confidentiality.
2. **Open** with either a Go-Around Question or a prayer.

### ★ Great **Go-Around Questions**:

- What is something you are grateful for?
- What has been a highlight of your day/week/month?
- Share a WOW (something great) and/or a POW (something tough) from this week or month.
- Make sure YOU share your life/faith in your answer too!

### ★ **Prayer** Suggestions (see pages 25-27)

## 3. **Follow up** from the last meeting:

- ★ Ask a specific question regarding the life situation for each student like: "How is \_\_\_\_\_ going/doing?" "Give us an update on \_\_\_\_\_"
- ★ *Remember, repeat and affirm! Take every opportunity to celebrate the student!*
- ★ Transition from superficial to depth; ie. "How are you doing/feeling about that?" "Deep down, what do you think about that?" "How is that affecting you/your relationship/etc?"

## 4. **Introduce topic/theme**

- ★ Ask a good question that addresses the theme, the liturgical season, and/or address the faith topics the students are most interested in.
- ★ *Remember, ask a good follow up question like: "Tell me more about that" or "What do the rest of you think" or "Is anyone else curious about that too?" before answering the question.*

## 5. **Make progress on forming faith habits.**

- ★ Let them know that you are here to help them learn new faith practices and invite them to consider the practices that could have a big impact in their life (refer to Habits page).
- ★ If a student has decided on a goal, ask how they are doing with their consistency and what impact it is having on them.

## 6. **Close with a prayer**

- ★ Give students a chance to pray out loud! Model the type of prayer they are interested in learning.

### **GOING DEEP**

We need to find a balance of starting "where they are at," helping them to feel comfortable & building rapport, without sacrificing depth and meaningful conversation.

**Master the art of transitioning to depth with the right question!**



# Facilitating Small Groups

## Tone

- ✓ Create an open and prayerful environment where teens know they can share without judgment.
- ✓ Discourage negative humor or sarcasm when responding to a youth's comment or question.

Ask the Good Shepherd to assist you in shepherding the group. The Holy Spirit will guide your words and discussions! Go with His flow!!!

## Navigate

- ✓ Stay on task--or redirect teen's focus back on task by affirming someone's sharing and then invite the group to refocus. Ask the question again or call on another youth to join the discussion.
- ✓ Be prepared and know what the "nuggets" are for the night.

## Environment

- ✓ Ideally, your group will be sitting in a circle. Keep everyone on the same level (either all in chairs or all on the floor). This way, everyone is a contributor and leaders can make eye contact with everyone.

## Facilitate

- ✓ A great facilitator guides the discussion, not dominates it. We need to ask the right questions and invite everyone to contribute. It is our job to ensure that all voices are heard and affirmed.
- ✓ Rather than lecture, think of the "nugget" you wish to share and ask a thought-provoking question!
- ✓ Silence is OK! Especially after asking a question you want them to think about. Allow some silence for introverts to consider their responses and talkers to really think. Or ask everyone to write their answer down.
- ✓ Invite teens (especially more quiet ones) to share.
- ✓ Affirm teens when they share!
- ✓ Use open-ended questions OR utilize thumbs up/down or YES/NO/MAYBE to get everyone contributing in some way
- ✓ Do not be satisfied with the first response.
- ✓ Keep asking deeper questions.
- ✓ Turn difficult questions back to the group.

This information came from LIFETeen's Edge Core Hand Book How to Minister to Middle School Youth

## Small Group Expectations

- ✓ **Participate:** You will get what you give! Everyone is expected to participate in the discussions with questions, ideas, and by being an active listener.
- ✓ **Respect:** Show respect to your peers, your leaders, everyone's perspective, and the space you gather in (especially in church).
- ✓ **Confidentiality:** What is said here stays here--NO GOSSIP!
- ✓ **Attendance:** Please come for every gathering; if a conflict comes up, please let us know.
- ✓ **Prayer:** Pray with and for your group members so you all grow closer to God together.

## Great Responses:

- "Before answering, I'll give you one minute of silence to think about it..."
- "Jessie, you've been quiet tonight. Would you like to share any thoughts with us?"
- "Thank you for adding so much, Tom. Let's make sure everyone has a chance to share."
- "Thank you so much, Karen, for sharing something so valuable with us!"
- "That is a GREAT question. What do the rest of you think?"
- "Wow. I don't know the answer to that. But I know how to find out. I'll tell you next time!"

# Dealing w/Behavioral Issues

## Set Expectations & Set Boundaries

- ✓ Rather than ignore it, we are called to deal CALMLY with negative behavior!
- ✓ Teens will push the boundaries... let them know CONSISTENTLY what is expected!  
Consistently enforce the consequences to show fairness to all.

## Helpful Hints for Positively Dealing with Teens

- ✓ Strive to be an example. Demonstrate compassion, composure, character & decency.
- ✓ Prayerful reverence. Clearly communicate the need for reverence during prayer and Scripture reading.
- ✓ Go over ground rules. Review the small group rules as often as you need to.
- ✓ Never yell or scream. Address inappropriate behavior immediately so you don't lose your temper later. Remain calm but be firm.
- ✓ Be impartial and consistent. Treat everyone the same way.
- ✓ Never humiliate. Pull teens out to address them individually rather than embarrass them in front of their peers.
- ✓ Reach out to the problem child. More than likely, these are the youth who need your help the most. Take extra time to be relational with them and affirm them.

### Ditch The DISTRACTIONS!

- ✓ NO Cell phone/electronics
- ✓ Stay on topic please
- ✓ Don't play w/classroom stuff

## Dealing with Inappropriate Behavior

- First, give a verbal warning to the teen
- If behavior continues, step outside and remind the teen that if the behavior continues, they will be sent out of the group for the rest of the session (to sit with staff).
- If behavior continues, escort the teen to the office to talk with staff.
- Depending on the situation, especially if it lasts more than one session, the youth's parents may be called.
- If the teen is not able to participate appropriately, he/she will be removed from the group.

### When to break confidentiality:

- ✓ If a student indicates he/she or someone is in danger of being hurt, hurting self, or hurting someone else.
- ✓ If a student shares "too much" with a group because they need counseling or an outlet.
- \* Talk with a staff member immediately.
- \* Document the situation in writing immediately so info stays consistent.
- \* The family will be contacted and offered a list of professionals that can help.
- \* Follow up with the parents and teen.

This information came from LIFETeen's Edge Core Hand Book How to Minister to Middle School Youth

# Building Relationships

During the pandemic, youth are more isolated and have fewer closer friends. They were drifting away from activities with personal interaction, they were struggling to connect, and – because of this – they are hurting more than ever. Youth crave meaningful relationships. They pine for connections more reliable than wifi.



## Strategies for Leaders:

### ★ Show you care:

- \* **Take an interest** in their lives to show that you care. Ask them about the sports they play, the movies they watch, the music they like, and the books they read. Ask open-ended questions that draw the conversation to a more real level.
- \* **Actively listen**—Be attentive so you can repeat and affirm what you’ve heard. Listen to what is being said beyond the words. For instance, if a student shares they are excited about a new bike or game or success, you could say: “That \_\_\_\_\_ is so exciting! Tell me more about it!”
- \* **Affirm and admire**—Look for opportunities to affirm and encourage each student so they know you hold them in high esteem. Go beyond the surface and be genuine. For example, if a student shares she has no secrets from her mom. You could respond: “I really admire your honesty. A lot of people don’t tell the truth because they’re afraid they’ll get in trouble. Keep it up.”
- \* **Earn the right to be heard.** Your good advice and preaching will not be accepted if you have not gained their trust and respect.

### ★ Go Deeper:

- \* **Pray** for the youth – let them know that you pray for them. Ask them how you can pray for them.
- \* **Share** with them how God is working in your life. Be willing to share your experience, your faith, and even some of your mistakes with the teens.
- \* **Look for Jesus**—Every moment we spend with teenagers must have Jesus as a backdrop. Ask: How is Jesus at work in this young person’s life? What does He want me to pay attention to in this interaction? What question is He prompting me to ask? For example, ask an open ended question like “how is school going?” Listen and be present. Respond to one-word answers—like “good”—with “What’s been good about it so far?” Keep asking questions, like a miner searching for a vein of gold.
- \* **Encourage discussion**—Instead of chiming in after each student shares, invite the students to respond to each other with open-ended bridging questions like: “What do the rest of you think of that?” “Has anyone else ever been in his/her situation?”

### ★ Challenge them:

- \* Ask questions that challenge assumptions and behaviors.
- \* Speak the truth even when it is difficult. Don’t sugarcoat it.
- \* Challenge them to take leadership in their friendships, at home, and at church.

<https://youthministry.com/four-pillars-transformational-relationships/>

<http://lifeteen.com/cym/files/2016/07/2016-LifeTeen-StartUpBook-RelationalMinistry.pdf>

# Community Building Games/Activities:



## 2 Truths and a Lie

- Everyone shares three things about themselves and people guess which one is untrue

## Show and Tell

- Bring two items that share something about you—one that shows something about you and one sentimental/religious thing. Make sure to send a reminder that day for their items.

**Listen to a song together** (during the opening prayer). This helps them open their hearts to Jesus (experientially).

## Hot Potato

- Play a brief portion of a song while people pass an item around. When the music stops, whoever has the item has to either answer a question (that connects to the theme) or do a simple dare (like high five everyone, act out their favorite animal, do 5 push ups, etc.)

## Simon Says

- Participants take turn leading as “Simon.” Participants should only do what the leader commands if the phrase “Simon says…” starts the command.

## “5 Similarities & 1 Difference”

- Find 5 things that EVERYONE has in common (other than we go to the same church). Then ask each person to share something that is TOTALLY unique about them that no one else shares.

## Game: “What Do These 3 Things Have In Common?”

- ◆ Iceberg, tongue, waitress: *They all have tips*
- ◆ Moses, Superman, Annie: *They were all adopted*
- ◆ Axel, Salchow, Double Lutz: *They are all figure skating jumps*
- ◆ Split, bread, cream pie: *They are all words that go with banana*
- ◆ Crunch, America, Jack Sparrow: *They were all famous captains*
- ◆ Toilets, eyes, trash cans: *They all have lids*
- ◆ Water, flour, bunk: *They are all types of beds*
- ◆ Pope, Mary, Eucharist: *These are things Catholics believe in*

**What are some other things that are uniquely Catholic?** In other words, what distinguishes the Catholic Church from other religions, and even other Christians?

- In other religions, man is searching for God. In Christianity, God finds man
- God is a communion of three persons
- God is personal and wants a relationship with us.
- Jesus saves us. we cannot save our self
- Jesus established a Church

**What distinguishes Catholics from other Christians?**

- Sacraments
- Mass
- The Eucharist
- Vestments, what the priests wear
- Saints (some other Christian denominations do revere Saints)
- Prayers like novenas, Rosary, liturgy of the hours
- Priests, religious sisters, and brothers

## Ways to Engage Teens:

- Encourage them to bring something back (a favorite verse or Bible story)
- CHALLENGE them to pray a bit more; encourage them to write down and commit to a prayer goal; ask them about how they did the next time.



## Starter Questions to Ask:

Leaders need to listen more than they talk! *Be like Jesus and ask a good question that will get them talking about what they are interested in.* **Active listening, showing genuine interest** in their response, and having a **follow up question** will help them open up.

1. How are you involved at your school? (Clubs, cheer, band, sports?)
2. What was a highlight of your week?
3. What is your absolute favorite thing to do?
4. If you could have free tickets to any concert, where/who would it be?
5. What is your favorite subject at school?
6. Who is your favorite teacher and what do you like about him/her?
7. What do you normally do when you have free time?
8. What's the best gift you've ever received?
9. What's the best thing that's ever happened to you?
10. What's the last movie you saw? Was it any good?
11. Tell me about your best friend.
12. Would you rather be rich or famous?
13. If you could play any sport and be great, what would you want to do?
14. If you could travel anywhere in the world, where would you go?
15. How would you describe yourself in three words?
16. What's one thing you love about yourself?
17. Name the most terrifying moment of your life so far.
18. Do you believe honesty is the best policy?
19. If you could have one superpower, which would you choose?

## ★Ask each student: “How would you like me to pray for you?”

(If students don't know what they need prayer for, choose one or two things and tell them how you are asking God to strengthen and help them!)

## Respond: Repeat and Approve!

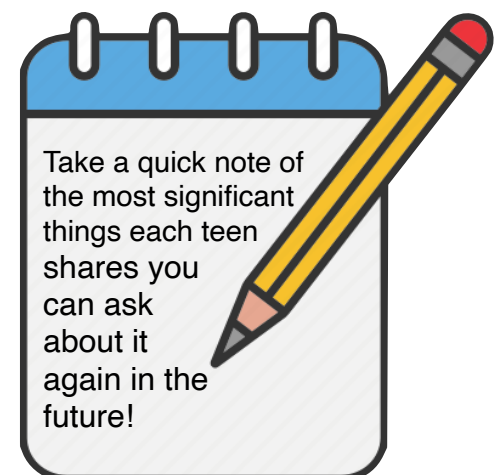
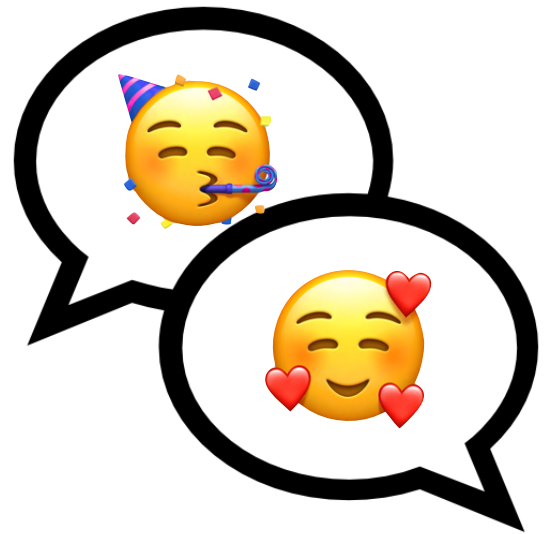
- First, put what they said in your own words so they know you heard them (repeat)
- Then, give them affirmation or approval:
  - That sounds so fun...
  - Wow, way to go! or Great job! or I'm happy to hear that!
  - I'm interested in learning more about that!

## Follow Up Questions to Ask:

- Tell me more about that.
- What do you like about being involved in that?
- What has that taught you about yourself or life?

## Rate your answer 1-10 & Tell Us Why

- For instance: “1 being awful and 10 being awesome, rate your weekend.” Follow up question: “What made it a #?”



# Responding to Difficult Situations

## When to break confidence:

- ✓ If a student shares “too much” with a group and if they need professional help, a doctor, or counseling, let staff know immediately.
- ✓ **If a student indicates he/she or someone is in danger of being hurt, hurting self, or hurting someone else.**
  - Document the situation in writing immediately so info stays consistent.
  - Talk with a staff person immediately!
  - Follow up with the parents and student.

## Respond with EMPATHY (not sympathy)

### 1. Acknowledge their pain.

*“That must be hard.” “That sounds really challenging.”*

*“I can see how that would be difficult.”*

### 2. Share how you feel.

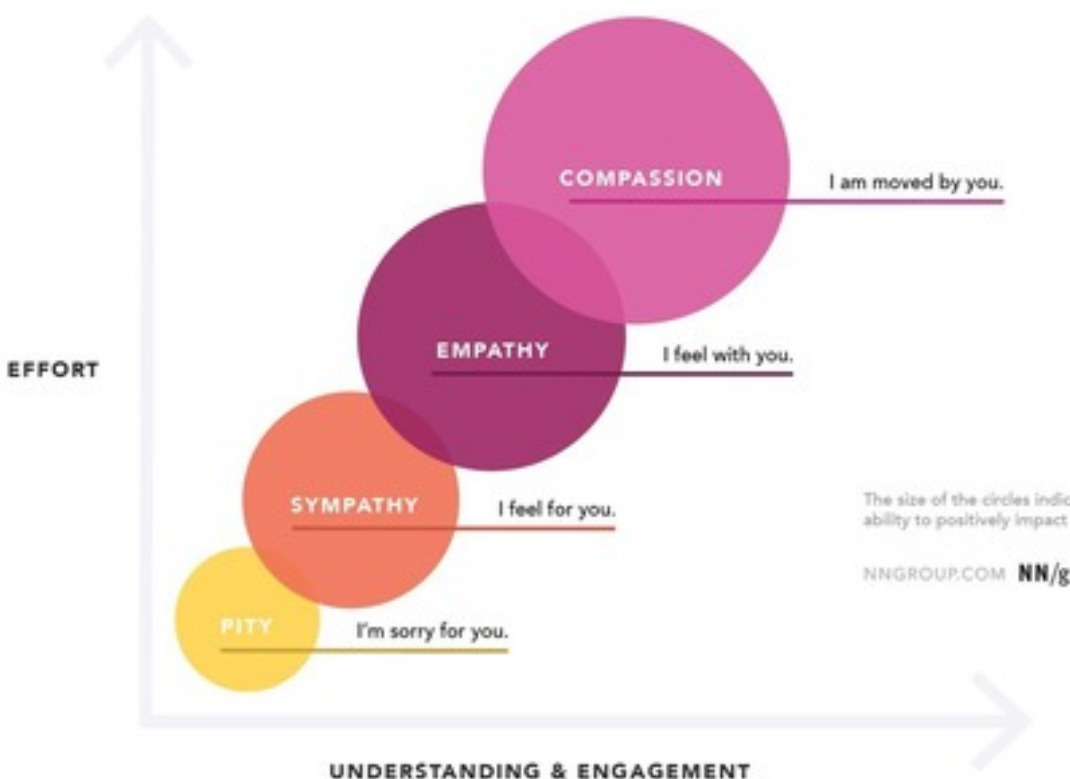
*“My heart hurts for you.” “I can’t imagine what you must be going through.”*

### 3. Show gratitude they opened up.

*“Thank you for trusting me with this. That really means a lot.”*

*“This must be hard to talk about. Thanks for opening up to me.”*

## SPECTRUM OF EMPATHY



**Leaders  
are  
NOT  
Counselors  
Therapists  
Spiritual-  
Directors  
Doctors**

### 4. Show interest

*“What has this been like for you?”*

*“What I’m hearing is that you are feeling \_\_\_\_\_. Is that right?”*

### 5. Be encouraging & SUPPORTIVE

*“You are brave / strong / talented.” “I’m in your corner.” “I’m proud of you.”*

*“How can I help you?”*

*“What do you need right now?”*

# Assessing the Spiritual Disposition of a Student

Through conversation or a brief written survey, get an overview of the students' experience, interest level, and receptivity for faith topics and practices. Questions could include:

- What are words that describe your personality and interests?
- How important are these areas in your life: (from friends, family, academics to church, faith, and prayer)
- How often do you attend Mass? How often do you discuss faith and God at home? How often do you pray with your family? How often you pray by yourself?
- What areas you are interested in learning about?

## ★ Start where they are:

- ✓ Some students are unwilling to participate in faith-related endeavors.
- ✓ Some students are indifferent participants: going through the motions.
- ✓ Some students are open to growing in faith.
- ✓ Some students are excited to grow in their faith.
- ✓ Each student is coming from a different background with varying degrees of exposure to lived-faith.
- ✓ Each student is coming with different challenges and struggles (at home, at school, with friends, internal, etc.)
- ✓ Each student is coming with different degrees of receptivity to God and is on a different spot on their journey of faith.

## ★ Questions to assess student's connection with Jesus

- Tell about a time when you really felt connected to God; what happened?
- How would you describe your personal relationship with Jesus?  
Stranger-----acquaintance-----OK friend-----good friend-----close friend-----best friend
- Prayer is talking with and listening to God. Give yourself a "grade" on how your prayer life is: **A** (Always give All your heart to Jesus) **B** (could be Better) **C** (Crappy) **D** (down in the dumps) **F** (forget every time). How do you talk with God? How often?

## ★ No wrong answers:

- **My faith is more like:**

A pillow	OR	A rock
Climbing a mountain	OR	Skiing or snow boarding
Planting a garden	OR	Mining for gold
A question	OR	An answer
A challenge	OR	A comfort
- **I see Jesus as more like:**

Near me	OR	Far from me
A cheerleader	OR	A coach
A friend	OR	a teacher
One who knows suffering	OR	One who knows peace
Divine	OR	Human
- **Prayer for me is more like:**

Talking	OR	Listening
Words	OR	Actions
Regular	OR	Occasional
Spontaneous/Conversational	OR	Set prayers (memorized)

These questions work best when you ask a FOLLOW UP question!

"Tell about a time when you felt that."  
"Why does that word appeal to you?"

## Sharing YOUR Faith

- ★ We have the opportunity and privilege of bringing God's love to LIFE through sharing HOW God is active in our life.
- ★ It is **ESSENTIAL** that you **SHARE YOUR FAITH** every single time you meet with your students!
- ★ Pray for the Holy Spirit to guide your awareness and words so you are able to recognize God working in your life and find concise words to share it (in 2-4 minutes).
- ★ Simple formula:
  1. I experienced a challenge or difficulty when...
  2. I realized I needed help; share how you opened your heart through prayer or asking another person to help you.
  3. Connect how the God the Father/Jesus/Holy Spirit worked through what helped you in order for you to heal/grow.
- ★ Things to keep in mind:
  - ✓ Have the courage to be vulnerable (sharing a struggle or challenge) in appropriate ways.
- ★ Share HOW you pray and the impact it has on you! Talk about your EXPERIENCE at Mass or with Reconciliation or serving someone and the way you were changed or inspired.
- ★ Ask each teen: **"How would you like me to pray for you?"**



*Always be prepared to give an answer to  
everyone who asks you to give the reason for the hope that you have.  
But do this with gentleness and respect  
1 Peter 3:15*

Christian mentoring is not preaching or proselytizing, although the Gospel is proclaimed. Paul said, "...we were delighted to share with you not only the gospel of God, *but our lives as well...*"  
**Mentoring is about sharing our lives, joys, and what we have learned from our struggles.**

- ★ Real Conversation: OUR FAITH <https://thesource4ym.com/real-conversation-our-faith/>



Speak less than 25% of the time!  
Then, when you do have something of  
value to share, they will listen!

*We want to help our youth build a relationship with God. But that works differently for every teen. Our youth are on different stages of their faith journey, but they all want to connect. Some teens are more oriented to outreach and service. Others crave an authentic way to live out their faith day to day. The process of helping teens to find Jesus is ongoing. No teen is the same. The key is investing in them relationally, as individuals. **Don't assume they believe in, pray to, and have opened their heart to God. Don't assume. Don't judge. Look for opportunities to share Christ. Ask questions. Listen actively.***



# EVANGELIZING

## Sharing The Good News of the Gospel!

★ Evangelizing is intentionally weaving the exciting Gospel message into conversations and deliberately inviting teens to personally choose to follow Jesus. Evangelizing involves:

1. **Message** (in their language)
2. **Invitation** (to take it personally and RESPOND)

### ★ Sharing the GOSPEL MESSAGE

- ❖ **G**—God created us to be with Him (He loves us unconditionally)
- ❖ **O**—Our sins separate us from Him
- ❖ **S**—Sins cannot be removed by good deeds
- ❖ **P**—Paying the price for our sins, Jesus died for us
- ❖ **E**—Everyone who believes in and trusts in Jesus shares God's Divine Life
- ❖ **L**—Life with God starts now and lasts for all eternity!

➔ Does that make sense?

➔ Have you intentionally opened your heart to Jesus? (This is something we need to do each day to grow in faith and trust).

➔ Is there anything holding you back from developing and deepening a personal friendship with Jesus?

★ Make sure you share how **you** went from not being close to Jesus to having a personal connection to him.

- What event or relationship helped you open your heart to Jesus?
- What impact did it have on you and your life?
- Our *conversion story* might be grand and life changing (like Paul in the New Testament). Or, it might be a series of little conversions that slowly helped you form a close relationship with Jesus. Ultimately, God continues to draw us to him and help us to love him **FIRST** and **MOST**!
- What does it look like to have Jesus as the **CENTER** of our life??? *Many of us have a long way to go! Thankfully, God's not done with us yet!!!*

### ★ A Conversational way to share the Gospel message:

- God loves you! He's crazy about you! He created you & knows you better than anyone!
- God love you just the way you are. Even though we have made bad choices and turned away from God through sinning... God doesn't love you any less because of what you've done!
- But sin separates us from God
- Jesus came to earth to sacrifice himself and die on the cross to pay the price for our sins.
- He didn't have to do it; he was innocent and **NEVER** sinned. But he **CHOOSE** to suffer so we could be forgiven of our sins and brought back to God.
- **IF** we choose to believe in Jesus and live for Jesus, we will experience the joy of his friendship on earth and for eternity in Heaven!
- What I'm saying is **TRUTH**. And it's **TRUE** for **YOU**. God wants **YOU** to open **YOUR** heart to Him a little more today. Does that make sense?
- Tell me more about how you see Jesus or where He is in your life.



A 4 Minute Crash Course in Sharing Your Faith:

<https://thesource4ym.com/a-4-minute-crash-course-in-sharing-your-faith/>

# Developing Habits of Practicing Faith

Habits are SO powerful. If you want to know what your future will look like, examine the habits you have today. Leaders can inspire, train, and hold students (and even their families) accountable for developing habits of practicing their faith (individually and together).

## Habits of GRATITUDE

*Awareness, choosing to see the good, then expressing it*

## Habits of PRAYER

*Individual prayer then praying with others*

## Habits of SCRIPTURE

*Reading or listening to God's Word then discussing it with others*

## Habits of SACRAMENTS

*Eucharist and Reconciliation*

## Habits of SERVICE

*Intentionally contributing to our family, friends, church, and community through our attitude, actions, words, and with our time, talents, and treasures*

It is ESSENTIAL that leaders start when the student is ready and customize the process from where the student is starting from! When we recognize that the student shows interest and desire for adopting a new faith practice, we must *strategically* lead them through the process of learning a new skill and consistently implementing in their life.

**Step 1: Inspire** a student to desire to practice their faith more **by sharing** how powerfully a faith habit has been in your life.

**Step 2: Assess** how the student currently understands and carries out a practice by asking questions like: "How do you like to connect with God?" "How and how often do you pray/read Scripture/participate in a Sacrament?"

**Step 3: Train** the student HOW to do it (customize the practice to meet their needs and interests)

**Step 4:** Encourage the student to **set a personal goal** for incorporating the faith practice into their daily/weekly routine

**Step 5: Hold them accountable** for doing it. Hold the student accountable by asking "How are you doing on your \_\_\_\_\_ goal?"

Keep in mind:

- ★ Forming a habit takes at least one month of consistent practice.
- ★ People just starting a new faith practice should strive for simplicity and consistency. Short and sweet is better than overwhelming and unsustainable! For instance,
  - ✓ Start with 3-5 minutes of prayer everyday instead of longer.
  - ✓ Read the same verse of Scripture each day for a week instead of one chapter a day.
  - ✓ Aim for attending Mass one more time each month than you currently do.
- ★ Encourage the students to practice together, invite their families to create a goal, and hold each other accountable.

# Developing Habits of Practicing Gratitude

## The Power of Attitude and Gratitude

- Your attitude towards people will either open doors or shut doors. Does your attitude bring people down or are you bringing life?
- We have the POWER to choose how we show up and the attitude we bring.
- ATTITUDE is a composite of your thoughts, feelings, and actions. To change our attitude, change our thoughts and feelings.
- *“Nothing can stop the person with the right mental attitude from achieving his/her goals; Nothing on earth can help the person with the wrong mental attitude.”* —Thomas Jefferson



## A person of GRATITUDE:

- \* Intentionally looks for the good in every person and every situation (even the tough ones)
- \* Sees everything as a gift (even our challenges and failures give us opportunities to learn and grow)
- \* Takes daily inventory of the people, things, and situations to be grateful for
- \* Consistently expresses gratitude to God and others (family, friends, teachers, strangers, etc)
- \* When faced with anger or frustration, choose grateful thoughts because you can't be grateful and angry at the same time.

## ★ Where are you starting?

- ✓ Consider how often you intentionally call to mind what you are grateful for. Do you say thank you to others—rarely, sometimes, or often? Are you quick to find the good in a difficult situation?

## ★ How can you practice gratitude? Consider these ideas (or brainstorm your own!):

- ✓ Use sticky notes on your mirror and in your locker to remind you to FIND THE GOOD or EXPRESS GRATITUDE (or as your phone's wall paper)
- ✓ Set an alarm at the beginning and end of every day to spend 1-2 minutes calling to mind everything you are grateful for.
- ✓ Invite your family to share at dinner: "What are you grateful for today?"
- ✓ Commit to sending one "thank you" text or note a day to someone you're thankful for.
- ✓ Use a gratitude journal (or make a list on your device) to record 1-5 things everyday you are grateful for

## ★ Tricks for consistency:

- ✓ Set an alarm on your phone to help you remember
- ✓ Ask a friend/mentor to hold you accountable for reaching your goal

## ★ What impact will a habitual attitude of gratitude have on your life?

- ✓ You will be AMAZED at how gratitude lifts our spirits and guides our thoughts and emotions to happier places!

# Developing Habits of Practicing Prayer

## ★ Where are you starting?

- ✓ Consider the ways you enjoy connecting with God already: When do you pray? How long do you spend in prayer? In what ways do you pray?
- ✓ What is a habit/routine you already have that you can couple to a new or enhanced habit of praying? For instance:
  - Praying on the way to school or practice/while walking the dog/before bed

## ★ Where and how long to pray?

- ✓ Cement a consistent time/place you can spend a few minutes with God everyday. Write it down as your appointment with God.
- ✓ Be realistic about how long. If you are just establishing a habit of praying, choose a manageable amount of time, like 2-5 minutes once or twice a day.

## ★ Create a conducive environment:

- ✓ Intentionally create an environment with minimal distractions so you can do your best to focus on being present to Jesus, God the Father, and/or the Holy Spirit. For instance:
  - Utilize your phone! Turn it on airplane mode or do not disturb; set a timer for your desired time with God; pull up a loving image of Jesus; play a relaxing classical or Christian song.
  - Use something tangible like a cross, holy card, religious statue or picture or a rosary to provide something for your eyes and hands to focus on.
  - Express reverence and humility in your body posture: consistently kneel or sit with your hands open or in whatever body position conveys thoughtfulness to God.

## ★ Tricks for consistency:

- ✓ Set an alarm on your phone to help you remember your daily prayer appointment with God
- ✓ Ask a friend/mentor to hold you accountable for reaching your goal

## ★ How will you pray?

- ✓ Remind students to check out apps for prayer experiences. Encourage them to try something new too!

Conversational Prayer	Meditation/Silence	Traditional
5 Finger Prayer	Guided Meditation	Our Father/Hail Mary
Journaling	Eucharistic Adoration	Rosary
P.A.L. (Praise, Ask, Listen)	Lectio Devina (meditating on a Scripture passage)	Divine Mercy Chaplet
		Stations of the Cross



# Developing Habits of Reading Scripture

We read Scripture to hear God speaking to us, guiding us, and encouraging us. God's Word will also help us to get to know Jesus and how much God loves us. Reading Scripture should always be done in the context of prayer: "Holy Spirit, speak to me through this Scripture!"



## ★ Where are you starting?

- ✓ Consider how comfortable you are with reading the Bible right now. What books have you heard of? Have you read any part of it before? What are you interested in?
- ✓ What is a habit/routine you already have that you can couple to a new or enhanced habit of reading Scripture? For instance:
  - Listening to Scripture on the way to school or practice/while walking the dog/before bed
  - Making a Scripture passage your home screen wallpaper so you see it every time you look at your phone.

## ★ Where and how much to read?

- ✓ Cement a consistent time/place you can spend a few minutes with God's Word everyday. Write it down as your appointment with God.
- ✓ Be realistic about how long. If you are just establishing a habit of reading Scripture, choose a manageable amount of time, like 3-10 minutes a day.

## ★ Create a conducive environment:

- ✓ Intentionally create an environment with minimal distractions so you can do your best to focus on being present to what you are reading. For instance:
  - Utilize your phone! Turn it on airplane mode or do not disturb; set a timer for your appointment; download Laudate on your phone for easy access to Scripture; play a relaxing classical or Christian song.
  - If you want to read a physical Bible, keep it in a very close place you'll see it everyday like on your night stand.

## ★ Tricks for consistency:

- ✓ Set an alarm on your phone to help you remember your appointment with God's Word.
- ✓ Ask a friend/leader to hold you accountable for reaching your goal

## ★ What will you read?

- Laudate app for the daily readings (either read both or just the Gospel)
- Laudate app also has a verse of the day
- [biblegateway.com](http://biblegateway.com) will email you a verse everyday if you sign up
- Go through a book of the Bible—one paragraph or section at a time
  - The Gospel of Luke to hear stories of Jesus
  - 2 Timothy to hear practical ways to live your faith
  - Psalms to hear a prayer for every emotion you could ever feel



## Steps for Reading Scripture

- ★ **Step 1:** LOOK IT UP (Table of Contents or go to [www.BibleGateway.com](http://www.BibleGateway.com))
- ★ **Step 2:** PRAY OUT LOUD: “Holy Spirit, speak to me through this Scripture.”
- ★ **Step 3:** READ Read the verse OUT LOUD two times. (Clarify unfamiliar words)
- ★ **Step 4:** REFLECT What is one word or phrase that sticks out to you or is meaningful to you?
- ★ **Step 5:** SHARE your thoughts, perspective, and questions with someone.

## Emergency Numbers for God’s Help:

- When you are sad, call on John 14
- When you don’t feel loved, call on Romans 8:38-39
- When you have sinned, call on 1 John 1:8-9
- When you are facing danger, call on Psalm 91
- When people have failed you, call on Psalm 27
- When Gods feel far from you, call on Psalm 139
- When your faith needs encouraging, call on Hebrews 11
- When you are scared, call on Psalm 23
- When you are worried, call on Matthew 6:25-34
- When you are hurt, call on Colossians 3:12-17
- When you feel no one is on your side, call on Romans 8:31-39
- When you are seeking rest, call on Matthew 11:25-30
- When you are suffering, call on Romans 8:18-30
- When you feel you’re failing, call on Psalm 121
- When you pray, call on Matthew 6:9-13
- When you need courage, call on Joshua 1
- When you are in need, call on Philippians 4:19
- When you are hated because of your faith, call on John 15
- When you are losing hope, call on 2 Thessalonians 2:16-17
- When you are seeking peace, call on John 14:27
- When you want to do good works, call on John 15
- When you want to live a happy life, call on Colossians 3:12-17
- When you don’t understand what God is doing, call on Isaiah 55:8-9
- When you want to get along with others, call on Romans 12:9-21

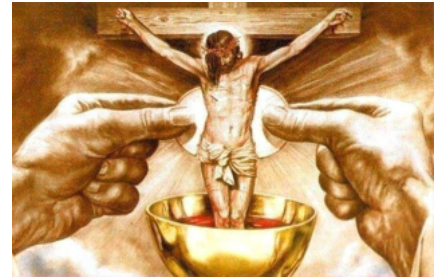
“Holy Spirit,  
Speak to me  
through this  
Scripture”



<http://biblestudyplanet.com/emergency-bible-numbers/>

# Developing Habits of Receiving Sacraments

Since the young students are not able to drive yet, they must rely on their parents to bring them to church. If you realize that the student's family does not understand, value, or prioritize Mass or Confession, please pray for them and share brief resources and personal invitations for them to learn more and participate.



## Prepare their minds and hearts!

Typically, the reason Catholics do not participate in Mass consistently is because they don't understand WHAT is happening, WHY it's important, and HOW they can benefit. If you are able to attend Mass with them you can model what to do and what the parts/prayers mean. Share pertinent resources on the group chat that will help inspire and empower your student to desire, understand, and engage in the Sacraments!

### ★ Where are you starting?

- ✓ Consider how your family understands, values, and prioritizes Mass or Confession. How often have you participated in either of those Sacraments in the past? What has kept you from participating more consistently?
- ✓ What is your goal for how often you will participate—Mass: Once or twice a month? Every week? Reconciliation—Once a season? Once a month? PICK A DATE!

### ★ How to participate?

- ✓ Remind the student the days and times Mass is offered and ways to view Mass on-line.
- ✓ For Confession, make sure the students know when your church offers confession and that they can make an appointment with a specific priest (that's the most powerful way) by calling the parish office.

### ★ Give yourself a reward:

- ✓ Ultimately, the good internal feeling that come from confession will become more motivating than an external reward. However, many youth and adults that feel uncomfortable with confessing may need an external reward to help motivate them.
  - For youth: decide on a healthy and fun “prize” or “treat” you can give yourself after going to confession.
  - For families: agree on a fun family treat or experience to do together after participating in confession.

### ★ Tricks for consistency:

- ✓ Ask your family to all participate together and put it on the family calendar.
- ✓ Aim for once during Advent, once during Lent, and once during the summer.
- ✓ Set an alarm on your phone to help you remember your appointment with Jesus.
- ✓ Ask a friend/leader to hold you accountable for attending.



# Talking About Confirmation

## Why do we receive Confirmation?

Confirmation strengthens us to continue growing in knowledge and friendship with Jesus and to LIVE out our faith with the gifts of the Holy Spirit. Check out the story of when the disciples first received the power of the Holy Spirit at Pentecost in Acts chapter 2.

## Confirmation is the Perfection of Baptism:

The Catholic Church considers Confirmation the second of the three Sacraments of Initiation (Baptism being the first and Communion the third). Confirmation is regarded as the perfection of Baptism, because, as the introduction to the Rite of Confirmation states:

“by the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed.”

## What Happens During the Sacrament of Confirmation:

As you approach the Bishop, your sponsor will be standing behind you. He will lay his hands over your head, which signifies the descent of the Holy Spirit. Next--the essential element--he will anoint you with chrism (an aromatic oil that has been consecrated by a bishop), accompanied by the words "Be sealed with the Gift of the Holy Spirit." This seal is a consecration, representing the safeguarding by the Holy Spirit of the graces conferred on the Christian at Baptism. The ceremony lasts about 2 hours. It includes the liturgy of the Word (just like at Mass), then the rite of Confirmation (where each person stands in front of the Bishop), and concludes with the liturgy of the Eucharist (just like at Mass).

## What do I need to be eligible for Confirmation:

All those who have been baptized are eligible to be confirmed, and, while the Church suggests receiving the sacrament after reaching the "age of reason" (around seven years old), it can be received at any time. You must be in a state of grace; that means you should participate in the Sacrament of Confession before Confirmation.

## The Effects of the Sacrament of Confirmation:

The Sacrament of Confirmation confers special graces of the Holy Spirit upon the person being confirmed, just as such graces were granted to the Apostles on Pentecost. Like Baptism, therefore, it can only be performed once, and Confirmation increases and deepens all of the graces granted at Baptism. The Sacrament can not be “undone.”

The Catechism of the Catholic Church lists five effects of Confirmation:

1. it roots us more deeply in a personal connection and relationship with God;
2. it unites us more firmly to Christ;
3. it increases the gifts of the Holy Spirit in us; knowledge, understanding, wisdom, right judgement, counsel, piety, and wonder & awe.
4. it strengthens our bond with the Church;
5. it gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross.

*Because Confirmation perfects our baptism, we are obliged to receive it "in due time." Any teen who does not feel ready to receive this Sacrament with their peers can be invited to continue preparing for it in high school. Connect with a staff member if a teen seems opposed to receiving the Sacrament at this time.*



# Talking About Confirmation, continued

## How do I “get” the graces of Confirmation:

The Holy Spirit will fill you with gifts and graces to the degree that you open your heart to Him. He can only be as generous as you are willing to receive. The more you pray and open your heart and offer your life to God, the more you will feel the gift of His presence and presents!

## What do I Need for Confirmation?

- \* **A Sponsor:** Ask someone Catholic in your life that has an active faith life and that you have an easy time talking with (family member or friend). Find someone who will support you, discuss faith, and pray for you. However, your sponsor must be someone other than a parent. (The church wants you to have additional role models in your life besides your parents.)
- \* **A Saint Name & Saint Report:** Pick a name from a canonized Saint that embodies the kind of person you’d like to become. Pick a Saint that shares some of the things you are interested in and passionate about. This Saint will pray for you all throughout your life!

## What is God’s job for me to do? What is my purpose in life?

God’s plan for your life is to continue growing in relationship and love of God (that is the greatest commandment) and to use the gifts He gives us (time, talents, and treasure) to meet the needs of others (that is the second commandment). Look up Matthew 22:36-40 to hear Jesus explain it. This is God’s *general* will for each of us. To learn what *your specific* purpose is, you’ll need to have daily conversations with God. The Holy Spirit will guide you to developing your gifts, help you to hear God’s voice, and strengthen you with the gifts every time you ask--that will help you live out God’s will for you. Especially after Confirmation, keep attending Mass, doing acts of service, and participating in Quest, the High School Youth Ministry.

## How do you love God?

God loves you SO MUCH that Jesus came to earth, and even though he didn’t deserve to die, He suffered a great deal to pay the price for our sins. He offered Himself up as a sacrifice so we could be in a close, personal relationship with God. We can show God our gratitude and love by believing in Jesus and offering our lives as a gift to Him. That means every morning, pray something like this: “Jesus, thank you for your gift of salvation. I offer you my day today. Help me to do my best as a gift to you. Guide me and strengthen me to love others like you would.” God desires that we love Him first on the *inside* (with our thoughts and attitudes), and second on the *outside* (with our relationships, choices, and actions). You can grow in love for God by praying every day, reading Scripture, attending Mass and the Sacrament of Reconciliation, and serving others whenever you can.

## Questions to ask teens about Confirmation:

- If someone who had never heard of Confirmation before asked you what it is, what would you tell them?
- What will the Sacrament of Confirmation do for you? (What do you get?)
- What does God want you to do after Confirmation?
- Why are you getting confirmed?
- Do you feel ready to make the commitment to be Catholic, continue to grow in your faith, and live out your faith?
- How can receiving the Sacrament of Confirmation strengthen you to be a present-day disciple of Jesus?

# Small Group Prayer Ideas

## Candle Prayer: *Please make sure you use an electronic candle or one in a jar!*

Ask teens to stand/sit in a circle. Tell them:

**“In this prayer, we will pass around a candle and each person will have a chance to pray.  
You can pray silently or out loud.”**

You can ask them how “light” relates to our faith or simply tell them:

**”Jesus is the light of the world. God put His light IN you to SHINE.**

**This world can be a dark place but God has a plan and a path for each of us.**

**You can drive all the way from Chicago to Colorado at night because your headlights will illuminate the road just ahead of you.**

**In the same way, God’s light will illuminate your path, step by step.**

**As we pass the candle, ask the Holy Spirit for His guidance for your path now or your future path.”**



## Pass the Cross:

Ask teens to stand or sit in a circle. Tell them:

**“In this prayer, we will pass around a cross and each person will have a chance to say something to Jesus. You can pray silently or out loud.**

**You can praise Jesus, thank Jesus, tell Him you are sorry, or ask Him for help.**



**“In the name of the Father, and the Son, and the Holy Spirit...  
Jesus...”**

After everyone has shared something in the circle, end with:

**“God, we praise you, we thank you, we need you, we love you. Amen.”**

This is a great “pattern” for prayer to use because:

- \* Teens know when their turn will be.
- \* Teens can hold something when they pray and it’s a physical way to connect them to Jesus
- \* Teens can pray out loud or silently
- \* You can give them a prompt to finish, guide them with a theme or just let them share what is on their heart and mind

# Small Group Prayer Ideas

## Add Yo' Word Prayer:

Ask teens to stand/sit in a circle. Tell them: "This is called "Add yo' word prayer." I will start the sentence and you simply add a word."

**"God, we PRAISE You because you are...**

[Pause and allow people to share]

**"God, we THANK You for...**

[Pause and allow people to share]

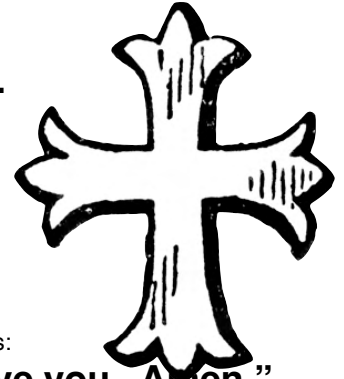
**"God, we are SORRY for...**

[Pause and allow people to share]

**"God, we need...**

[Pause and allow people to share] Then end with something like this:

**"God, we praise you, we thank you, we need you, we love you. Amen."**



## We are Connected:

Ask teens to stand in a circle. Ask them to put their left hand on the person's shoulder standing next to them and place their right hand palm up. Tell them:

**"In this prayer, we put our left hand on our neighbor's shoulder to show how we are all connected. We are all connected in the communion of saints!**

**We keep our right hand opened up so we can give to God our prayers and receive from God His Grace.**

**We are going to go around the circle and ask God to give us the grace we need to grow in holiness in a particular way.**

**Each of us will say (out loud): God, give me the grace I need to be more \_\_\_\_\_"**



**"In the name of the Father, and the Son, and the Holy Spirit...**

**"God, we PRAISE You for being so generous...**

**Holy Spirit, help us to receive your grace and strengthen us to grow in holiness.**



**"God, give me the grace I need to be more \_\_\_\_\_..."**

[patient, kind, understanding, bold, etc]

After everyone has shared something in the circle, end with:

**"God, we praise you, we thank you, we need you, we love you. Amen."**

This is a great "posture" for prayer to use many times. You can:

- \* Ask teens to offer something up to God (they can say it out loud or to themselves) and literally raise their hands up to God
- \* Ask teens to gently squeeze the person's shoulder when they are finished praying (especially if they would prefer to pray silently)
- \* Remind them that sometimes we need to lean on others (those on our left) and sometimes we support others in need (those on our right)

# 5 Finger Conversation Prayer

Prayer is a **conversation** that includes both **talking & listening.**

The fingers indicate what you say to God.  
The space in between allows you to breathe and be open to the Holy Spirit speaking back. Take 3 deep, slow breaths and allow the Holy Spirit to speak to you.

