

JESUS FACTORY • RICA FOR TEENS

LESSON 5 • PRAYER

Prayer: more than words

Getting to know God, speaking with trust, and learning to listen.

Lk 11:1 • “Lord, teach us to pray.”



Prayer is not a performance

It is meeting God just as we are.

■ Speak

You can tell God about your joys, questions, and fears.

■ Listen

Silence is part of prayer, too.

■ Trust

You do not need perfect words or special feelings.



TO BEGIN “God, I am here. Help me know you better.”

The disciples had to learn, too

One day they asked Jesus to teach them to pray.



Jesus' invitation

Speak to the Father with trust; pray sincerely; learn to forgive; ask for daily bread and strength.

QUESTION What would you tell Jesus if he were sitting beside you?

Five ways of turning to God

All are part of the Church's life of prayer.

Blessing and adoration

I recognize that God is holy and loves me.

Petition

I ask God for help and forgiveness.

Intercession

I pray for someone else.

Thanksgiving · Thank you for your gifts.

Praise · I praise you because you are God.

Three ways of praying

Vocal prayer, meditation, and contemplation support each other.

1 • Vocal prayer

I pray with my own words or learned prayers.

Example: the Our Father.

2 • Meditation

I reflect with God on the Gospel and my life.

Example: a parable.

3 • Contemplation

I remain quietly attentive to God.

Example: resting in Jesus' presence.

REMEMBER We do not need to master everything at once.

Two saints describe friendship with God

We learn to pray little by little.

St. Teresa of Ávila

She describes prayer as a conversation of friendship with the One who loves us.

We can speak to God simply.

St. Thérèse of Lisieux

She describes prayer as a movement of the heart turned toward heaven.

Even a small prayer matters.

FOR REFLECTION Which description of prayer speaks to you?

The Sign of the Cross

As we begin, we remember that we belong to the Trinity.

1 • Forehead

"In the name of the
Father"

2 • Chest

"and of the Son"

3 • Left

"and of the Holy"

4 • Right

"Spirit. Amen."

GESTURE AND FAITH Not a good-luck charm: we profess faith in the Father, Son, and Holy Spirit.

The Our Father • Part One

Jesus teaches us to speak with the Father.

The prayer

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done
on earth as it is in heaven.

What we ask for

We pray that God be honored, his Kingdom come, and we learn to desire his will.

QUESTION What does it mean to pray “thy will be done”?

The Our Father • Part Two

We entrust our needs to God and learn to forgive.

The prayer

Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil. Amen.

What we learn

We ask for what we need,
forgiveness, and strength to
choose good.

The Hail Mary

A prayer combining words from the Gospel with a request.

The prayer

Hail Mary, full of grace,
the Lord is with thee. Blessed art thou
among women, and blessed is
the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners, now and
at the hour of our death. Amen.

Remember

We honor what God has
done in Mary.

We ask her to pray for us;
worship belongs to God
alone.

The Glory Be and Amen

Two ways to conclude a prayer in faith.

Glory Be to the Father

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.

What does Amen mean?

It is a response of faith: "Yes," "so be it," "I trust you."

It is not a magic word: we entrust our prayer to God.

The Bible also teaches us to pray

God speaks to us through Sacred Scripture. We can listen and respond.



One method: Lectio Divina

We read a short passage, meditate on it, respond in prayer, and rest in silence.

We will practice this in another lesson: “Using the Bible for Prayer.”

What if I get distracted or cannot find the words?

Prayer grows with patience, not perfection.

I get distracted

I gently return to a simple prayer.

I feel nothing

God is near even when my feelings change.

I do not know how to begin

I say, "Lord, help me to pray."

IMPORTANT You never need to share something private with the group.

My first prayer in four simple steps

A short practice to begin today.

1 • Begin

Make the Sign of the Cross attentively.

2 • Give thanks

Thank God for something specific today.

3 • Ask for help

Tell God what you need.

4 • Silence

Stay with God for a moment. Amen.

30 SECONDS A sincere prayer is worth more than a rehearsed speech.

Prayer workshop · No pressure

Practice as a group, with a partner, or in personal silence.

Together

Make the Sign of the Cross and pray the Our Father.

In pairs

Review the Hail Mary and Glory
Be respectfully.

On your own

Write a one-sentence prayer
ending with “Amen.”

FOR THE CATECHIST Invite participation; always allow students to pass or stay silent.

My prayer card for this week

A personal activity · No grade or pressure to share.

I can write...

Today I am thankful for: _____

I want to ask for: _____

I will pray for: _____

A short prayer: _____

My 7-day challenge

Each day: Sign of the Cross; a familiar prayer; 30 seconds speaking to God; 30 seconds of silence.

Prayer begins today

An invitation, not a test.



We pray together

Lord Jesus, here I am.
Teach me to speak to you,
to listen to you, and to trust you.
Bless those I love.
Stay with me each day.
Amen.

REFLECTION Which form of prayer will I try this week?

Sources and notes for catechists

Prayer for beginners · Teaching notes.

References

Bible: Mt 6:5–13; Lk 11:1; Ps 63; 2 Tim 3:16.

Catechism of the Catholic Church: 2558–2567, 2626–2649, 2699–2724, 2759–2865.

St. Teresa of Ávila: Life 8.5; St. Thérèse of Lisieux: autobiographical manuscripts.

Note: the examples are catechetical aids, not required liturgical formulas.