

# Sponsor/Candidate

## Meeting #3 - Prayer and Spiritual Life - December/January

Do not be concerned with instant Sainthood in this discussion. The focus of this meeting should be on developing skills and habits that will lead the candidate to a closer relationship with Jesus over the years.

Note to the Sponsor: HOW one prays is not as critical as the fact that you DO pray. In this discussion focus on nurturing a positive attitude toward prayer and helping the candidate develop a STYLE of praying that is suitable for him or her at this point in life.

### Discussion Format:

- ✝ Begin with prayer - It can be traditional, spontaneous, or scripture passage
- ✝ There are many obstacles to prayer that affect our ability to pray and common things that get in the way of praying. Listed below are some elements common to many as they begin to weave prayer into their daily lives.
  - Sponsor: Share with the candidate how each of these potential obstacles affect your own prayer life and guide the candidate to finding practical ways he or she can overcome them.
  
- ✚ **TIME - one of the most popular obstacles.... How does it impact you? Your Candidate? Consider...**
  - Can't find the time
  - Don't MAKE time to fit it in
  - Other reasons.....
  - What are some possible solutions to finding time? Where or how creative can you be?
  
- ✚ **INNER QUIET - Learning how to settle our minds in our busy world can be hard and silence for some can be quite uncomfortable...talk about what inner quiet means to both of you.... Perhaps you never tried before. Try sitting for 1 minute without moving, without talking, just listen....what happens?**
  - My mind races
  - Can't settle down
  - Not able to concentrate
  - Other reasons.....
  - What are some possible ways you can learn to develop that inner quiet, peace?
  
- ✚ **EXTERNAL QUIET- Is there a place you can go where it is peaceful and quiet, where you can settle down without interruption? Talk about some of those special places.... Perhaps these will become your prayerful places.... If you don't already have one talk about where you might FIND one:**
  - What gets in the way of that special place - why you can't find a suitable place to pray... what is getting in the way of that?
  - The atmosphere isn't suitable for praying... so what can you do to make it more suitable?
  - Other obstacles getting in the way of your external quiet?
  - What solutions can you try to achieve a more suitable place to pray
  
- ✚ **AIDES TO PRAYER - sometimes not having the right material to help you begin to pray can be an obstacle that prevents us from praying**
  - Haven't used the Bible to pray - and are not sure how or where to start
  - Not aware of resources available to help guide or lead us into prayer
  - What solutions can you create to help overcome this obstacle?

**Action Steps... regarding prayer and your spiritual life....**

Step 1: Grab your bibles and read each of the following passages about prayer and write down some of your thoughts as you discuss each. What TRUTH or PRINCIPLE does it seek to teach us about prayer? How can this help me in my own prayer life?

- Matthew 5: 3-11 What TRUTH/PRINCIPAL does it teach me?

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- How can I apply this to my own prayer life?

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- Luke 11: 9-13 What TRUTH/PRINCIPLE is this passage teaching me?

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- How can I apply this to my own prayer life?

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- James 5: 13-18 What TRUTH/PRINCIPLE is this passage teaching me?

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- How can I apply this to my own prayer life?

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Have you ever asked God the Big Question: “What do you think I should do?” Take time with your sponsor to each talk about this... What happened? If you never have, why not?

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If you spent ten minutes a day in prayer every day for the next month, how do you think you might differ a month from now?

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Attached are some pages to help you record your growth on a weekly basis. Challenge yourself to complete the prayer process on the following page for a month.....Talk to your sponsor about it when you meet next.

# The Prayer Process

(adapted from Matthew Kelly's Book Decision Point Page 94-95)

How to get started in prayer....

The hardest things in life are those things that have never been done before. Going to the moon is one example, because there was no one or no thing to learn from. Prayer is different. Men and women have been praying for thousands of years and we can learn a lot from them.

The reason most people don't pray at all or don't pray very much is because nobody has ever taught them how to pray. The following Prayer Process developed by Matthew Kelly will walk you through the steps in learning **How to Pray**.

The Prayer Process is really just a conversation with God..... if you keep that in mind it makes things so much easier.

Step 1: **GREATITUDE**: Begin by thanking God in a personal dialogue for whatever you are most thankful for today.

Step 2: **AWARENESS**: Revisit the times in the past 24 hours when you were and were not the BEST VERSION of yourself. Talk to God about these situations and what you learned from them.

Step 3: **SIGNIFICANT MOMENTS**: Identify something you experienced in the past 24 hours and explore what God might be trying to say to you through that event or person.

Step 4: **PEACE**: Ask God to forgive you for any wrong you have committed (against yourself, another person, or Him) and to fill you with a deep and abiding peace.

Step 5: **FREEDOM**: Speak with God about how He is inviting you to change your life so that you can experience the freedom to be the BEST VERSION of yourself.

Step 6: **OTHERS**: Life up to God anyone you feel called to pray for today, asking God to bless and guide them.

Step 7: **PRAY THE OUR FATHER**

Use the following pages for self-reflection over the next month to see how much you are growing in relationship to God.

**Sponsor/Candidate Activity**: Set a date to attend a silent adoration together and practice some of the things you learned in this meeting. If distance doesn't allow for this you might like to visit [www.sacredspace.ie](http://www.sacredspace.ie) and together follow the activity outlined in your packet. Be sure to complete Prayer/Spiritual Life Sheet and return it with your packet.

Remember, for many this is just the beginning and it may seem overwhelming. We are exposing you to different types and ways to pray so you might encounter the one that fits you best! Take your time and enjoy the time together.