

T TEEN SHEET

PRAY UNCEASINGLY

This session is designed to help you discover God's desire to be in relationship with you and how you can pray unceasingly. As you participate in this study, use these points to guide you. Add your own notes, observations, or questions in the space below each point. If images or symbols come to mind, include them as a way to help you process and remember the key take-aways from this lesson.



→ **Why do you think you risk making poor choices when you aren't praying regularly?**

→ **What do your options say about what is important in your life?**

→ What options do you need to eliminate because they hinder you from spending time with God?

Q 2: Quotes and Questions

“We must pray without ceasing, in every occurrence and employment of our lives—that prayer which is rather a habit of lifting up the heart to God as in a constant communication with Him.” —St. Elizabeth Ann Seton



→ How can prayer and spending time with God give us freedom?

→ In what ways would you like to grow in your spiritual life? How can prayer help you to grow in these areas?

→ How will you make talking to God consistently a priority in your life?

Just For Fun

Start a cultural trend at your school: Ask teens in your small group or other Christians to join you in the mornings to pray before school. Meet in a classroom, the lunchroom, a local coffee shop, or the parking lot for a brief group prayer before the start of school. You can choose to meet every day or even just once a week. As you pray together, lift up your school's staff, your district's administration, and the students in your school. Connect with this group throughout the week to support each other with prayer requests as well as praises.



God's greatest desire is to be in relationship with us, for us to communicate and share everything with Him. God created us for this very purpose! Read this passage from Romans 8:38-39:

“For I am sure that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.”

There is absolutely nothing that can ever separate us from God's love for us. As you look into the mirror at your reflection each day when you get ready for school or before you go to bed, meditate on the truth that you were created in God's image, that you are fearfully and wonderfully made. Remember that you were created to be in relationship with God and that He wants to be your best friend. Then take time in silent prayer to thank God for His amazing creation and purpose for your life.

Q 2: Quotes and Questions

“We must pray without tiring, for the salvation of mankind does not depend upon material success...but on Jesus alone.”

—St. Frances Xavier Cabrini



When you pray unceasingly, your relationship with God grows stronger and more intimate, and it becomes easier to see God’s will and presence at work in your life. Here are some ideas for you to try in the upcoming week:

- **The Examen:** This ancient form of prayer challenges you to think back over the last week or month. What were the moments that you were most grateful and when you were most ungrateful? When did you feel you received God’s love the most? The least? When were you paying attention to evidence of God’s love for the world? When did you ignore it? After you take time to look back and reflect, spend time thanking God for the gift of today and ask Him to guide you and that you will be aware of and feel His presence in your life in the days to come.
- **Pray the Arts:** If you’re more of a creative soul, use your artistic side to pray. Create a prayer journal with sketches of people, things, or scenes that God has placed on your heart to pray for. If you play music, use your instruments or voice to praise Jesus. If you love to dance, use your motions to speak the words that your voice may not be able to communicate. Remember that God hears you in whatever language or method you use to speak to Him.
- **Pray from the Heart:** Watch this video clip from the movie Bruce Almighty: wingclips.com/movie-clips/bruce-almighty/thats-a-prayer. Listen to Bruce’s prayer and reflect on how simple his words are, how his words come from the heart. Use this example as a reminder of how we don’t need to use fancy words or phrases when we talk to God; we just need to talk to Him as a friend.