

## **Spiritual Reflection: Prayer**

(Do these reflections with your parents/family, if possible)

**Opening Prayer:** Come, Holy Spirit, fill the hearts of your faithful, and enkindle in us the fire of your love. Send forth your Spirit and we shall be created, and you shall renew the face of the earth. Amen.

Quiet your heart. Close your eyes and take a few deep breaths, invite God into this moment of reflection.

**Read** the following scripture verses:

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” – 1 Thessalonians 5:16-18

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7

“Devote yourselves to prayer, being watchful and thankful.” – Colossians 4:2

**Watch** the following video about Prayer:

<https://www.youtube.com/watch?v=yk8In-6KUGc>

**Journal** your reflection, addressing the following topics:

- What stood out to you the most in this reflection? A Bible Verse, something Fr. Mike said?
- How and when do you like to pray?
- How has prayer impacted your faith??
- Write a prayer to God. Include what you are thankful for, and the things and people you wish to pray for.

### **Closing 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.

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.