

# Confirmation Recall & Habit-Forming Actions

NOVEMBER 2020

In our second session, we explored what it means to encounter Jesus Christ in prayer. Here are the highlights of our session to recall.

- Prayer is turning the heart toward God. When a person prays, he enters into a living relationship with God. Prayer is a surge of the heart. It is raising one's mind and heart and spirit to God.
- Everyone is called to pray everyone of us is able to pray , to lift our hearts and minds and souls to God.
- The prayer process begins with God. He calls all of us to pray. He calls us tired tirelessly and constantly and always in love. When it comes to prayer, our first action is not to ask for something but to respond.
- There are several forms of prayer. The five most common forms include blessing/adoration: petition: intercession: thanksgiving: praise.
  - A prayer of blessing recognizes that you are the creature and God is the creator. You realize you are blessed just knowing God.
  - A petition offers up your needs to God you humbly recognize that you need his help
  - Intercession is asking for help for another.
  - Thanksgiving is recognition that you are becoming more and more like the person God wants you to become.
  - Praise is recognition that God is God and you are not God.
- When you pray God asks you to pray with urgency, without ceasing, with humility, and with an open heart. There is a three-step process that helps us to pray in any situation. We begin by asking God to be present. Then we offer the moment or the event to God. Finally, we accept whatever God provides.
- There are three reasons why we should pray. The first is because God asks us to pray and it is always good to do what he asks. Secondly, prayer changes us and it also changes life around us. Finally, we pray to become Co helpers with God. This helps us know him better.
- A Saint is a 'holy one' who leads a life in union with God through the grace of Christ and receives the reward of eternal life.
  - Everyone who enjoys eternal life with God in heaven is a saint. However, there are many people who are formally recognized by the Catholic Church as Saints. Sainthood comes after death and requires proof that at least two miracles have followed the prayers to the deceased holy one.
  - Two individuals who are on their way to sainthood are Carlo Acutis, a young man who died in 2006 at the age of 15, and Fr. Michael McGivney who founded the Knights of Columbus. (A video of the life of Carlo is found on the parish website.)

**How can you deepen your relationship with God after this session? Commit to these habits between now and the next meeting.**

1. Be not afraid to pray! Remember that God is always calling you. He wants you to respond to his call. All you have to do is tell him 'Hi' to start praying.
2. Follow this simple prayer process. (You will be introduced to a more robust process with your mentor. Until then, try this!)

**Ask** God to be present to you | **Offer** the moment to God | **Accept** whatever God provides.

3. Using the booklet that you were provided last night, do your best to learn these three prayers by heart: The Our Father; The Hail Mary; The Glory Be (also known as the Doxology).