



# *Student Worksheet*

## *Lesson 7: THE POWER OF PRAYER*

### *Opening Prayer*

#### **LEADER**

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*

*Lord Jesus, you call us to constant prayer. You tell us to ask, to seek, to knock, and to call God our Father. Through prayer, Father, you make us co-workers, invited into the activity of the Holy Spirit in time and space. Help us to grow today in our own prayer. Teach us to pray constantly and with confidence today. Amen.*

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### *Fr. Mike's Thought Train*

#### **THE BIG QUESTION**

Why should we pray?

#### **THE SHORT ANSWER**

God told us to pray. Prayer changes things, and prayer changes us.

#### **THE BREAKDOWN**

- Does prayer change God? No. God is eternal goodness ... He doesn't need to be convinced to do good things.
- So why pray? Three reasons:
  - \* We pray because Jesus told us to. He says to intercede, to go before God and ask.
  - \* Prayer changes things.
    - † Blaise Pascal said that in prayer God extends to us the dignity of being "causes." He invites us into his action and makes us co-workers with him.
    - † C.S. Lewis said that we act in the world alongside God's will. We work, move, prepare, and act alongside the divine plan our whole lives.
  - \* Prayer changes us.
    - † We become more like God when we live like him and spend time with him. Prayer, which is time spent with God, makes us more like him.
    - † Fr. Mike's example: The time spent alongside his father helping him build a shed helped make him more like his father. Similarly, God invites us to work alongside him in prayer.
- Pray! Become a co-worker with the Father!

## *Talk It Out*

1. Why should we pray if it does not change God's mind? What is the first reason that Fr. Mike offers?
2. What is the second reason Fr. Mike gives for why we should pray? What effect does prayer have on the world?
3. What is the third reason for why we should pray? What effect does prayer have on us?
4. What does it mean to be given "the dignity of causes"?
5. How is building a shed with your father like prayer?
6. When you pray, why do you pray? What works? What doesn't?
7. Can you think of an activity that you were invited into when you were younger that was similar to Fr. Mike's experience building a shed with his father? What did you gain by being invited into the work?

## *Hands On*

### **PRAYER PLAN**

Work on a concrete plan for developing a better prayer life and then share it with a partner. Your plan should be realistic and specific. While this is personal and up to you, it should be something you can implement immediately, too.

- How are you going to pray?
- When would be the best time to pray?
- Where are you going to pray?
- How are you going to remember to pray?
- Write your plan in a sentence or two.

## *Food for Thought*

1. Has being invited into someone else's work changed your life?
2. What has been your most powerful experience of prayer?
3. How has prayer changed who you are?

## *Closing Prayer*

### **READER (MATTHEW 7:7-11)**

*"Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!"*

### **LEADER**

*Jesus taught his disciples to pray without ceasing, to pray with confidence, and to call God Father, and so we say...*

*Our Father...*

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*