



PRAY

My Lord and my God!

Break into my confined world. Disturb me. Make me worry. Let it be light, let it shine light inside of me. Turn my heart towards you. Touch me with your finger. Until I find delight in you. Amen.



CONTEMPLATE

One person reads the Bible passage aloud.
Short silence.

Exchange: *What particularly appealed to you?*



STUDY

1. Read YOUCAT text sentence-for-sentence. Then one person reads the text aloud in full.
2. Three minutes of silence.
3. Each person reads a word or phrase aloud (without comment) that he or she has noticed.
4. Explain briefly in the next round why you have chosen the sentence (e.g. memories, questions, etc.).



DISCUSS

Also discuss your own questions on this topic!

Treasure Book: *Take five minutes to write down what you don't want to forget.*



CHALLENGE

Our **CHALLENGES** are just suggestions you can make in addition to your study guide meetings. You can also replace them with stronger, more fitting, more original or better ones. Just let us know at feedback@youcat.org.

#YOUCATChallenge: *Share your experience on Facebook or Instagram.*



Acts 17:27-28

So that people might seek God, even perhaps grope for him and find him, though indeed he is not far from any one of us. For 'In him we live and move and have our being'.

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What is prayer?

Prayer is turning the heart toward God. When a person prays, he enters into a living relationship with God. [2558–2565]

Prayer is the great gate leading into faith. Someone who prays no longer lives on his own, for himself, and by his own strength. He knows there is a God to whom he can talk. People who pray entrust themselves more and more to God. Even now they seek union with the one whom they will encounter one day face to face. Therefore, the effort to pray daily is part of Christian life. Of course, one cannot learn to pray in the same way one learns a technique. As strange as it sounds, prayer is a gift one obtains through prayer.

1. What does praying mean to you? What has been your experience with prayer?
2. How can you turn your heart to God? How does this work?
3. Concentrate on praying positions (see 268 in YOUCAT). What is the language of your body when practising them?
4. How can you integrate prayer into your everyday life?

Look up the Psalms in the Bible and pick out some lines that speak to you in a special way.

Learn one of these lines by heart and recite it during the next meeting. Explain why you selected this line.

Do you accept this challenge?

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