

Powerful Prayer Experiences for High School Youth



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1

This Week's American Top 40

- | | | |
|--|----------------------|-------------------------|
| 1. Good Luck, Babel! | 14. Austin | 28. I Am Not Okay |
| 2. Birds Of A Feather | 15. Not Like Us | 29. Who |
| 3. Please Please Please | 16. Miles On It | 30. Lose Control |
| 4. Espresso | 17. Die With A Smile | 31. Nasty |
| 5. Million Dollar Baby | 18. The Door | 32. Illusion |
| 6. A Bar Song (Topsy) | 19. Hot To Go! | 33. Why Why Why |
| 7. Too Sweet | 20. The Boy Is Mine | 34. We Pray |
| 8. I Had Some Help | 21. Girls | 35. 2 The Moon |
| 9. Beautiful Things | 22. Houdini | 36. Lonely Road |
| 10. Make You Mine | 23. Belong Together | 37. We Can't Be Friends |
| 11. 360 | 24. Taste | 38. Ego |
| 12. I Can Do It With A
Broken Heart | 25. Stargazing | 39. Feather |
| 13. Slow It Down | 26. Saturn | 40. Lovin On Me |
| | 27. Whoops | |

2

Prayer



**A Conversation with
God or with the Saints**

3



4



5

Why pray? Here are 10 great reasons!

1. Prayer brings us closer to God
2. Prayer brings divine help
3. Prayer keeps our selfishness in check
4. Prayer helps us gain forgiveness
5. Prayer gives us strength when we need it
6. Prayer helps improve our attitude
7. Prayer offers us hope
8. Prayer helps reduce our level of stress
9. Prayer helps improve our physical and emotional health
10. Prayer helps gives us a better understanding of ourselves

6

Science Reveals the Power of Prayer!

- There is a 7-year difference in life expectancy between those who never attend church and those who attend weekly.
- A study of nearly 4,000 older adults for the U.S. Journal of Gerontology revealed that atheists had a significantly increased chance of dying over a six-year period than the faithful.
- Research at San Francisco General Hospital looked at the effect of prayer on 393 cardiac patients. Half were prayed for by strangers who had only the patients' names. Those patients had fewer complications, fewer cases of pneumonia, and needed less drug treatment. They also healed more quickly and left the hospital earlier.

"Science Proves the Healing Power of Prayer", NewsMax Health,
<http://www.newsmax.com/Health/Headline/prayer-health-faith-medicine/2015/03/31/id/635623/>, 2024.

7

Do Teens Pray? How Often?

All Denominations

- Daily: 40%
- Weekly: 20%
- Monthly: 9%
- < Monthly: 9%
- Never: 20%

Catholic Teens

- Daily: 42%
- Weekly: 28%
- Monthly: 12%
- < Monthly: 10%
- Never: 8%

National Study of Youth and Religion, University of Notre Dame, 2024

8

When you reflect on your own experience of praying as a high school youth, what do you remember?

9

How Do Teens Pray?

- Petition
- Expiation
- Intercession
- Praise
- Thanksgiving
- Adoration
- Blessing



10

Youth and Prayer

- Youth participating in guided prayer experiences – GOOD!
- Teaching and encouraging youth to pray regularly on their own – BETTER!



11

Different Ways to Pray

- Spontaneous Prayer
- Praying with Music
- Silent/Meditative Prayer
- Answered Prayers
- Prayer Partners
- The Lord's Prayer
- The Rosary



12

Spontaneous Prayer



13

Simple Structure for Spontaneous Prayer: ACTS

Adoration

Confession

Thanksgiving

Supplication

14

Pope Francis' Five-Finger Prayer



15

Praying with Music



16

If you want to reach people, start by talking with them about what they worry about and what they celebrate, and speak in the images and language of the people you want to reach.



17

Music contains...

- Issues
- Images
- Values



18

Values in Popular Music

- 15% - Negative Values
- 60% - Neutral Values
- 25% - Positive Values

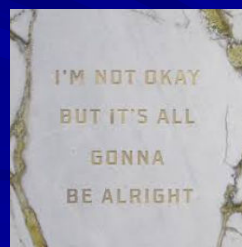


19

I Am Not Okay / Jelly Roll

I am not okay
I'm barely getting by
I'm losing track of days
And losing sleep at night
I am not okay
I'm hanging on the rails
So if I say I'm fine
Just know I learned to hide it well

I know, I can't be the only one
Who's holding on for dear life
But God knows, I know
When it's all said and done
I'm not okay
But it's all gonna be alright
It's not okay
But we're all gonna be alright



20

All That Really Matters / Illenium & Teddy Swims

Learnin' how to live when there's no one around
It's like learnin' how to feel when the drugs run out
You can see my scars 'cause I'm wearin' 'em proud
Even with my broken parts, I feel better now

If I could crawl in the mind, and give any advice to my
younger self

Find something you can hold on to
Find someone who'll be there for you
'Cause that's all that really matters in the end
Find somewhere you can come home to
Find someone that'll die for you
'Cause that's all that really matters in the end

Is love, love, love
'Cause it's all that really matters in the end
'Cause it's all that really matters in the end



21

We Pray / Coldplay

And so We Pray

I pray that I don't give up
Pray that I do my best
Pray that I can lift up
Pray my brother is blessed
Praying for enough
Pray Virgilio wins
Pray I – I – I
Judge nobody and forgive me my sins
I pray we make it
Pray my friend will pull through
Pray as I take it
Unto others I do
Praying on your love
We pray with every breath
Though I – I – I'm in the valley
of the shadow of death



And so We Pray
For someone to come and show me the way
And so We Pray
For some shelter and some records to play
And so We Pray
We'll be singing Baraye
Pray that we make it to the end of the day
And so We Pray
I know somewhere that heaven is waiting
And so We Pray
I know somewhere there's something amazing
And so We Pray
I know somewhere we'll feel no pain
Until we make it to the end of the day

22

Praying with Popular Music

One out of every four songs that comes on the radio is a song that we can pray with! For someone who listens to 4 hours of music per day, this provides one hour of prayer opportunities every day!



23

Silent/Meditative Prayer



24

Tips for Silent/Meditative Prayer

- Keep it short (10-15 minutes)
- Provide paper and pens to everyone
- Make sure everyone has ample space so it is a personal experience
- Emphasize looking and listening for God's presence
- When finished, gather and process the experience:
 - *Was it easy? Was it difficult? Why?*
 - *Did you see or hear God? How?*
 - *What did you like about praying this way?*
 - *How could you pray this way on your own?*



25

The Bean Jar – Answered Prayers!



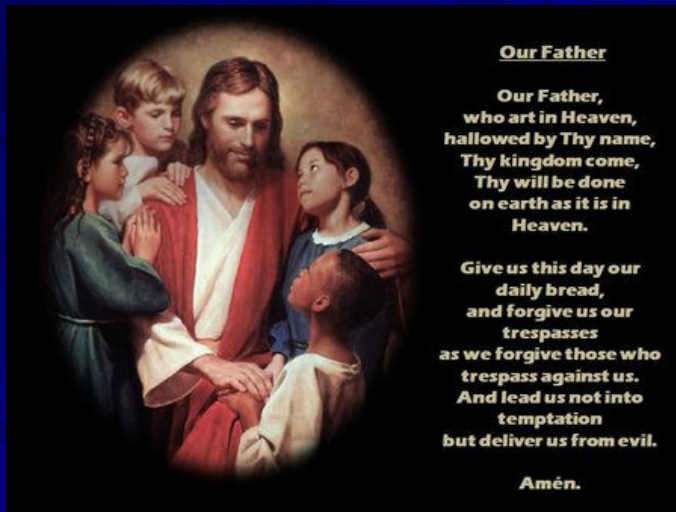
26

Prayer Partners



27

The Lord's Prayer



28

The Rosary



29



30



31

Different Ways to Pray

- Spontaneous Prayer
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- Prayer Partners
- Our Father
- The Rosary

A photograph showing a group of people in prayer. One person is holding a rosary, and they are all looking down in a circle. The background is a grassy outdoor area.

32

**Thank you for attending this workshop.
May God bless you in your ministry
with young people.**



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(Please send me an e-mail to receive a FREE copy
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