

Pastoral Principles for Prayer

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Core Principles

- Prayer as God's Gift
- Prayer as Covenant
- Prayer as Communion

Things to Remember When Planning and Leading Prayer

- Pray with youth, not at them.
- Engage the energy of the moment.
- Make prayer active and visual.
- Listen to the sound of music
- Involve youth in a variety of ways.

The Art of Preparing Prayer with Adolescents

- Pay attention to the context (e.g., youth, youth issues, community church).
- Prepare (yourself/the youth), then plan.
- Follow a pattern of movements: gather, listen, respond, send forth.
- Use a variety of contemporary-sounding music and songs.
- Use a variety of prayer styles, including traditional, composed, and spontaneous prayers.

Types of Prayer

- Silence (set time; within prayer service)
- Meditation (individual; guided)
- Contemplation (individual; group)
- Sung (songs; psalms; chant)
- Litanies (spontaneous; classic)
- Devotions (personal; cultural)
- Spontaneous (free; formulaic)
- Composed (classic; contemporary)
- Liturgical (communion; worship)
- Shared reflection (Bible; music)
- Blessings (objects; events; people)