

## Teen Just Teach Sheet – Catholic Faith Formation

### August - Week 1: Why Bother Praying?

**Theme:** Prayer & Your Relationship with God

**Use with:** Teens (ages 12–16)

**Format:** For catechist-led or self-guided use

**Goal:** Help teens see that prayer is about relationship—not rituals—and start talking to God for real

#### Opening Prayer (use each day)

Jesus, help me to pray honestly.  
I don't want to fake it.  
I want to know You—not just know about You.  
Be close to me this week. Amen.

### Day 1 - What's the Point?

#### Psalm 63:1

“O God, You are my God—I seek You.  
My soul thirsts for You, like dry land needs water.”

#### **Read this:**

Prayer isn't just about saying things *to* God.

It's about staying connected *with* Him.

Just like your phone needs charging, your soul needs God. Prayer is how we plug in.

#### **Reflect or Discuss (alone or with a catechist):**

What's something you're craving right now—peace, answers, hope?

Could that be a spiritual hunger?

#### **Try This:**

Find a quiet space. Say out loud or silently:

“God, I don't know what to say—but I want to know You.”

## Day 2 – God Wants the Real You

### Matthew 6:6

“When you pray, go to your room, shut the door, and talk to your Father in secret.”

#### **Read this:**

Prayer isn't about sounding holy or using the “right” words.  
God doesn't want a performance—He wants you.

#### **Reflect or Discuss:**

Have you ever felt like you had to “act” a certain way to fit in at church?

What would it feel like to be 100% real with God?

#### **Try This:**

Start your next prayer by saying:

“God, here's what I'm really feeling right now...”  
Say it, even if it's messy or unsure.

## Day 3 – When It Feels Like Nothing's Happening

### CCC 2567 (simplified)

God always starts the conversation. Prayer is our answer to His love.

#### **Read this:**

Sometimes prayer feels silent or awkward. That's normal.  
Prayer isn't always emotional—it's about building something that lasts.

#### **Reflect or Discuss:**

What keeps you from praying more often—boredom, doubts, distractions?

Can something still be meaningful even if it doesn't feel exciting?

#### **Try This:**

Sit in silence for 2 minutes. Just say,

“Lord, I'm here.”  
See what comes up.



## Day 4 - Start Small, Keep It Real

 Luke 11:1

“Lord, teach us to pray.”

### Read this:

You don't have to be good at prayer to begin.

The apostles asked Jesus to teach them! You can do the same.

### Reflect or Discuss:

What time of day could you try one short prayer?

What helps you remember new habits (alarms, notes, a prayer card)?

### Try This:

Choose one sentence and pray it at the same time every day this week.

Examples:

“Lord, help me make good choices today.”

“Jesus, walk with me.”

“Holy Spirit, give me peace.”



## Day 5 - Prayer Changes You

 CCC 2559

“Prayer is lifting your heart and mind to God.”

### Read this:

Prayer isn't just about getting answers.

It's about becoming the kind of person who can live with peace, love, and purpose.

God doesn't always change the situation—but He changes *you*.

### Reflect or Discuss:

Has there ever been a time prayer helped you feel stronger or calmer?

How do you want prayer to change you?

### Try This:

Write a 1-line prayer in your own words.

Say it once a day this weekend.



## Weekly Wrap-Up Questions

Use these at the end of the week—for discussion or journaling:

What kind of prayer felt easiest for me this week?

What part of this felt awkward or hard?

What's one small step I can take next week to grow in prayer?

Do I believe God actually listens when I pray? Why or why not?

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## Real Talk: What If I Don't Feel Anything?

That's okay. You still brush your teeth even if it doesn't feel exciting, right?

Prayer isn't always about emotions—it's about connection.

Over time, it shapes your heart to recognise God's presence in real life.