

HOW TO PLAY

Praying with the Holy Spirit

DEAR PARENTS AND FAMILY,

This week at Edge, we began a new series about prayer called “Connect Three.” This first Edge Night aims to teach youth about prayer in simple and accessible ways by introducing personal prayer and the role of the Holy Spirit within it. The Edge Night began with a fun game called “Signs,” which focused on non-verbal communication. This game helped your child to understand the importance of communication in relationships, especially their relationship with God. After the game, your son or daughter’s core member presented the central teaching and prompted small group discussions. Your child had the opportunity to learn about the basics of prayer, different ways to pray, and how to set up a prayer space. The Edge Night concluded with a hands-on activity that taught the youth an easy-to-remember acronym for prayer: P.R.A.Y., which stands for Praise, Repentance, Ask, and Yield. Your child’s Weekly Challenge is to spend five minutes daily in personal prayer.

MAIN IDEAS

- Prayer is the way we communicate and build a relationship with God. Personal prayer is when we talk to God alone from the heart. Personal prayer does not follow any formula; it can be spontaneous or structured, lengthy or brief.
- During His ministerial work, Jesus often departed from the crowds to spend time alone in prayer with the Father. Jesus calls us to this same intimacy with the Father as we pray to Him in the secret of our hearts. He also gives us the Holy Spirit to be our advocate (or “helper”) and guide us on our path to holiness.
- All of us want to be happy and live a good life, and the best route to having a good life is found through prayer.

SCRIPTURE REFERENCE

“Thus the Lord used to speak to Moses face to face, as a man speaks to his friend.” (Exodus 33:11)

CATECHISM REFERENCE

“The Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit Himself intercedes with sighs too deep for words.’ The Holy Spirit, the artisan of God’s works, is the master of prayer.” (CCC 741)

FAMILY REFLECTION QUESTIONS

- How do you feel about incorporating personal prayer into your daily schedule?
- In what ways can we shift our family schedule to allow everyone time for personal prayer?
- How can we foster deeper relationships with the Holy Spirit?

TWO OR MORE PLAYERS

Praying with the Angels and Saints

DEAR PARENTS AND FAMILY,

This night at Edge, your son or daughter learned that the angels and saints pray to God on our behalf and that they, too, can pray for the needs of others. The Edge Night began with a fun “emoji translation” game in which the youth deciphered messages written in emoji images. Then a core member from your son or daughter’s small group presented the main teaching. They also prompted discussion questions. Then your child composed a list of people to pray for and intentions. Your son or daughter was challenged to place this list in a visible place at home as a reminder to intercede for the needs of others. Finally, the night concluded with a meditation on the Guardian Angel prayer and the Hail Mary.

MAIN IDEAS

- Intercessory prayer is a type of prayer in which we ask God on behalf of others. Because they constantly behold the face of God in heaven, the angels and saints ask God to bless us and answer our prayers.
- Jesus Himself taught us to pray in this manner. At the moment of His passion and death, He interceded for sinners (all of us) to the Father.
- Prayers of intercession teach us how to be selfless and think of the needs of others. Asking the saints to intercede for us also helps us to better know how to pray for ourselves.

SCRIPTURE REFERENCE

“Consequently, He is able for all time to save those who draw near to God through Him, since He always lives to make intercession for them.” (Hebrews 7:25)

CATECHISM REFERENCE

“The intercession of the saints, ‘Being more closely united to Christ, those who dwell in heaven fix the whole Church more firmly in holiness ... They do not cease to intercede with the Father for us.’” (CCC 956)

ANGEL OF GOD PRAYER

Angel of God, my guardian dear, to whom God’s love commits me here, ever this day be at my side, to light, to guard, to rule and guide. Amen.

FAMILY REFLECTION QUESTIONS

- How can you make a daily habit of asking angels and saints to join you in prayer?
- Is there a saint or angel you would like to learn more about?
- How can our family pray more for others?

HOW TO WIN

Praying with Others

DEAR PARENTS AND FAMILY,

In this final Edge Night in the “Connect Three” series on prayer, the youth learned the value of praying with others. The Edge Night began with a creative game in which your child’s small group created a “human appliance” as a way to exercise teamwork. Then, the small groups discussed the communion of saints, Jesus’ teaching on communal prayer, and praying together at Mass. The Edge Night concluded with an activity in which small groups worked together to write a “universal prayer” like those in the Prayers of the Faithful at Mass. Once all these prayers were written, the large group prayed these together. Your child’s Weekly Challenge is to offer to pray with someone facing hardship or a challenge.

MAIN IDEAS

- The communion of saints is the family of believers on earth, in heaven, and purgatory. As one family of believers, we come together to share our faith’s riches and worship God.
- Jesus teaches us that when we gather in His name, He is present in the midst of us.
- Being part of a larger family of believers helps us encounter God more deeply. Praying together at Mass or forming a small group strengthens us as we approach our heavenly Father.

SCRIPTURE REFERENCE

“For where two or three are gathered in my name, there am I in the midst of them.” (Matthew 18:20)

CATECHISM REFERENCE

“[The Eucharist] is the culmination both of God’s actions sanctifying the world in Christ and of the worship men offer to Christ and through him to the Father in the Holy Spirit.” (CCC 1325)

FAMILY REFLECTION QUESTIONS

- How can our family pray more together, especially for those who may be suffering?
- How can we make Mass a priority? Or prepare better for Mass?
- What were your major take-aways from this Edge series on prayer?