

The Lord's Prayer



A Confirmation retreat for any venue

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Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

Theme

The idea of the retreat is to give students practical steps to develop lifelong prayer. This is created by providing a prayer journal for the weekend with 4 different sections: Praise, Repentance, Ask, and Yield (notice the PRAY acronym). There is space provided in each section for students to write in their own thoughts and prayers.

Planning a Youth Gathering

Anyone who has ever tried to plan a youth gathering knows that there is lots involved.

- Location
- Date/Time
- Leaders
- Food
- Activities
- Permission Forms
- Scheduling
- Theme
- Lessons
- Things to get youth thinking

Here is a package to help you with the last four. Feel free to use them however you choose, to fit your situation best.

Blessings as you plan:

Lord God, we thank you for the dedicated ministry leaders who love and care for youth. We entrust their ministries into your loving care. In the name of Jesus. Amen

Example Schedule

Friday

- 6pm – Get settled / unpack
- 7pm – Pizza Dinner
- 7:30pm - Games/Ice Breakers
- 8:15pm - Snack
- 8:30pm - Session 1 - Praise
- 9:30pm – Free Time
- 10pm – Get ready for Bed
- 10:30pm – Lights out

Saturday

- 8am - Breakfast
- 9am - Session 2 - Repentance
- 10:30am – Large Group Game
- 12pm - Lunch
- 1pm - Session 3 - Ask
- 2pm – Mission Event
- 5pm - Clean up for dinner
- 5:30pm - Dinner
- 6:30pm - Free Time
- 7:30pm - Session 4 - Yield
- 8:30pm - Late Night Activity
- 9:30pm – Snack
- 10pm – Get ready for Bed
- 10:30pm – Lights out

Sunday

- 8am - Wake up & pack
- 9am - Brunch
- 10am - Worship
- 11:30am Lunch and Dismissal

Feel free to adjust the schedule to meet the needs of your group and the resources available at your venue.

Session One

PRAISE

Say: *Why do we pray?*

How often do we pray?

Read: Thessalonians 5:16-17

Say: *How do we pray?*

Recite the Lord's Prayer

Explain the acronym **PRAY**

- Praise
- Repentance
- Ask
- Yield

Talk about how PRAY model falls into the Lord's Prayer (Our Father who art in Heaven -> Praise, etc.)

Say: *This weekend we will be creating a prayer journal that walks us through these 4 steps of prayer. (Invite everyone forward to grab a journal)*

Say: *We start our prayer with praise to focus our hearts first on God and what he has done for us.*

We can use short phrases like

- *Lord of Lords*
- *Creator of the universe*
- *Light of the world*
- *Or we can use passages of scripture (especially the Psalms)*

As you study the Word you will find phrases and scriptures of praise.

Give everyone 5 minutes to look through the Bible to find a phrase or a scripture of praise.

Offer everyone a chance to share and encourage students to write down ones that stuck out to them.

Hand out Praise sheets, markers, stickers, glitter glue scissors, and glue sticks so that they can create the first 5 pages of their prayer journals.

Encourage them decorate their journals and to add to them if something stuck out to them from the session.

End in prayer having each person offer a prayer of praise to God.

Session Two

REPENTANCE

Start by quickly adding the repentance pages to everyone's prayer journals and then bring them on the hike or walk if in a location where this is possible.

Say: Once you have centered your heart on God, it is time to turn inwards to look at what is keeping you from relationship with God? (SIN)

When they get to the start of the hike explain that it will be a prayer walk and that we will stop at various points to read scripture or offer a new prompt. As we walk you should reflect on the scripture/prompt and take time with God. (Many people use prayer walks as a practice of prayer)

First Reading: 1 John 1:8-10

Second Reading: 2 Timothy 3:2-5
Have students reflect on one keyword or phrase that describes their sin.

Third Reading: Romans 6:23

Say: The wages of sin is death. But the free gift of God is eternal life in Christ Jesus our Lord.

Stop in front of a cross. Remind students that Jesus is our passover lamb, the once and for all sacrifice for our sin.

Fourth Reading: Hebrews 10:12-18

Fifth Reading: Psalm 103:12

Say: Christ has taken away our sin.

Offer students a chance to claim Christ's victory for themselves by faith in Him.

Last Reading: John 3:16

Explain how to use the repentance section of the prayer journal and give them time to make any entries they want to.

End in Prayer.

Session Three

ASK

Say: What are some things that you ask from your parents each day? How many times do you think you ask something from your parent each day?

What does it take for you to turn to God in prayer? Sometimes I feel like I try to exhaust every possible option that I have before I turn to God. Does anyone have an example like this?

In praise, we have put our focus on God, and in repentance we have removed the separation from us and Him. Now that our heart is right we turn to God with our requests.

What things might we ask God for? How often should we pray for these things? (Persistently!)

Share a time with your neighbor that you prayed to God. Did you get a response? If so, what was it? If not, why do you think you did not receive a response? (Give students an opportunity to share with the group)

God answers prayer in 3 ways, yes, no, or not yet. (As a leader share experiences you have had with God responding to your prayers.)

Hand out ask sheets to add to journals. Tell students that this will be the biggest section because what we need from God is always changing. Have students fill out a few spots on each page making sure to leave room for God to answer. As you pray each day you can go back to this journal and remember the things that you have been asking of God so that you can practice persistent prayer. As God answers prayer, record his response so you can look back and remember His faithfulness to you.

End in prayer - Have each student present an ask from God.

Session Four

Yield

As students come in have a station set up where they answer several questions.

- What is your dream job?
- What do you like to do during your free time?
- What is something that you are saving up for?
- If you could live anywhere in the world, where would you live?

After students complete the questions, they should sit down quietly. As they wait for the other students they can reflect on their hopes for the present and the future.

Open with Jesus at the Garden of Gethsemane - Matthew 26:36-46

Say: We open our prayers acknowledging that God is awesome, holy, and worthy of our praise. We then admit that we are not worthy to stand before Him but in His grace He made a way for us to do that anyways. Being right before our King, we are in a place where we can bring our thoughts and concerns before Him. Now, we come to the hardest part of prayer - Yielding.

Yielding is the process of letting go of our wants and letting God's will be done. We can yield in our career, our thoughts, our finances, and even in our prayers.

Hand out ask sheets to add to journals.

Say: Think again about the questions I had you answer at the start. But this time, let God in. How can you let God into your free time, what you're saving for, where you will live in the future, and even your job? If God led you to do something different than you wanted, would you listen?

If you are willing to listen to God above yourself, lift your hands out in front of God as a sign of surrendering. Surrender your present and future desires to God. It doesn't mean that your desires will not happen but it does mean that you are willing and ready to submit to God's desires over your own.

Like Jesus, say to God, not my will, but yours be done. Your will be done in my life - in my job, in my free time, in my money, in where I live.

(As a leader share something about yourself that changed)

Have students record thoughts in journals.

Close with the Lord's Prayer.

Scriptures:

“I will praise you, O Lord, with all my heart; I will tell of all your wonders. I will be glad and rejoice in you; I will sing praise to your name, O Most High.” (Ps 9:2-3)

“I will proclaim your name to my brethren; in the midst of the assembly I will praise you: You who fear the Lord, praise him; all you descendants of Jacob, give glory to him.” (Ps 22:23-24)

“Give to the Lord, you sons of God, give to the Lord glory and praise. Give to the Lord the glory due his name; adore the Lord in holy attire.” (Ps 29:1-2)

“Sing praise to the Lord, you his faithful ones, and give thanks to his holy name.” (Ps 30:5)

“I will bless the Lord at all times; his praise shall be ever in my mouth. Let my soul glory in the Lord; the lowly will hear me and be glad. Glorify the Lord with me, let us together extol his name.” (Ps 34:2-4)

“All you peoples clap your hands, shout to God with cries of gladness...God mounts his throne amid shouts of joy; the Lord, amid trumpet blasts.” (Ps 47:2,6)

“My heart is steadfast, O God; my heart is steadfast; I will sing and chant praise. Awake, O my soul; awake, lyre and harp! I will awake the dawn. I will give thanks to you among the peoples, O Lord, I will chant your praise among the nations.” (Ps 57:8-10)

“Your kindness is a greater good than life; my lips shall glorify you. Thus will I bless you while I live; lifting up my hands, I will call upon your name.” (Ps 63:4-5)

“Shout joyfully to God, all you on earth, sing praise to the glory of his name; proclaim his glorious praise...Let all the earth worship and sing praise to you, sing praise to your name!” (Ps 66:1-4)

“Come, let us sing joyfully to the Lord; let us acclaim the Rock of our salvation. Let us greet him with thanksgiving; let us joyfully sing psalms to him...Come, let us bow down in worship; let us kneel before the Lord who made us.” (Ps 95:1-2,6)

“Sing to the Lord a new song; sing to the Lord, all you lands. Sing to the Lord, bless his name... Give to the Lord, you families of nations, give to the Lord glory and praise; give to the Lord the glory due his name! Bring gifts and enter his courts; worship the Lord in holy attire.” (Ps 96)

“Sing joyfully to the Lord, all you lands; break into song; sing praise. Sing praise to the Lord with the harp, with the harp and melodious song. With trumpets and the sound of the horn sing joyfully before the King, the Lord” (Psalm 98:4-6)

“Sing joyfully to the Lord, all you lands; serve the Lord with gladness; come before him with joyful song... Enter his gates with thanksgiving, his courts with praise; Give thanks to him; bless his name, for he is good.” (Ps 100:1-2,4)

“Bless the Lord, O my soul; and all my being, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits; He pardons all your iniquities, and heals all your ills. He redeems your life from destruction, he crowns you with kindness and compassion, He fills your life with good; your youth is renewed like the eagle’s.” (Ps 103:1-5)

“Give thanks to the Lord, invoke his name; make known among the nations his deeds. Sing praise to him, sing his praise, proclaim all his wondrous deeds. Glory in his holy name.” (Ps 105:1-3)

“I will give thanks to the Lord with all my heart in the company and assembly of the just.” (Ps 111:1)

“Praise, you servants of the Lord, praise the name of the Lord. Blessed be the name of the Lord both now and forever. From the rising to the setting of the sun is the name of the Lord to be praised!” (Ps 113:1-3)

“Come, bless the Lord, all you servants of the Lord who stand in the house of the Lord during the hours of night. Lift up your hands toward the sanctuary, and bless the Lord.” (Ps 134:1-2)

“I will give thanks to you, O Lord, with all my heart, in the presence of the angels I will sing your praise: I will worship at your holy temple and give thanks to your name.” (Ps 138:1-2)

“I will extol you, O my God and King, and I will bless your name forever and ever. Every day will I bless you, and I will praise your name forever and ever. Great is the Lord and highly to be praised.” (Ps 145:1-3)

“Alleluia! Praise the Lord, O my soul; I will praise the Lord all my life; I will sing praise to my God while I live.” (Ps 146:1-2)

“Praise the Lord, for he is good; sing praise to our God, for he is gracious; it is fitting to praise him.” (Ps 147:1)

Need for Repentance:

1 John 1:8-10 - "If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us."

Areas of Repentance:

Mark 7:21-23 - "For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.

Galatians 5:19-21 - "Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these."

2 Timothy 3:2-5 - "People will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, ;unholy, heartless, unappeasable, slanderous, without self-control, brutal, not loving good, treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, having the appearance of godliness but denying its power.

Hope:

1 Corinthians 15:57 "But thanks be to God, who gives us victory through our Lord Jesus Christ."

Romans 6:14 "For sin will have no dominion over you, since you are not under law but under grace."

Romans 6:23 "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."

Use the text of the pages to record specific prayer requests. Leave space to record God's answers to these prayers. If you have an unanswered prayer, continue to come back to it and pray for it with persistence. Look back occasionally to see all the ways that God has been working in your life and in your prayers.