



Come Holy Spirit

renew our Archdiocese
through World Youth Day

World Youth Day presents a tremendous opportunity for the Archdiocese to be renewed and uplifted by the Holy Spirit through young people. With World Youth Day only a short time away, it is time to intensify our prayer and preparation for this unique event and opportunity for the local Church.

As part of the *Come Holy Spirit* prayer campaign, you are invited to pray for the success of World Youth Day and the renewed outpouring of the Holy Spirit upon the life and mission of the Archdiocese.

Our Goal

It is hoped that in the lead up to World Youth Day and the 12 months following, that Parishes, schools and communities of the Archdiocese spend an hour a week in prayer for the renewed outpouring of the Holy Spirit upon the Archdiocese through World Youth Day.

Come Holy Spirit Campaign & World Youth Day

In 2005, Archbishop Bathersby launched an Archdiocesan prayer campaign which focused on a coordinated prayer effort from the Archdiocese asking for a renewed outpouring of the Holy Spirit upon the life and mission of the Archdiocese. World Youth Day is part of a strategic focus on ministry with young people in the Archdiocese and is being utilized as a tool to enhance the life and mission of the Archdiocese.

Through the combination of both of these strategies, it is hoped that the power of the Holy Spirit will come upon the Archdiocese and create witnesses for a new generation.

How to be involved

Spend some time in your community looking at this resource. Discuss what prayer is for you and ways in which you pray. At the same time you may wish to look at some of the prayer campaign opportunities and either get involved or establish them in your community.

“With only a short time now until we gather with the youth of the world, it is important that we prepare ourselves for the experience of World Youth Day ’08. An essential part of this preparation is to deepen our relationship with God and listen to God’s call in our lives. One of the best ways to do this is through prayer.”

Archbishop John Bathersby DD
Spirited: prayers for young people

The Importance of Prayer

God desires to be in relationship with each of us. Usually a good relationship is based on people who are willing to “work at it.” People need to invest time to develop connections, to listen to each other, to share with each other, to be at ease with each other, to sit in comfortable silence with each other, to allow themselves to be vulnerable with each other, to be honest with each other and to be in dialogue with each other. A relationship is based on trust and mutuality.

Prayer is the key that unlocks the door to our relationship with God and each other. We pray to keep our balance, to keep our focus firmly on God, to know that what ever happens God journeys with us. Without prayer we can lose our focus, our direction, our sense of working with God.

To nurture our relationship with God we simply must be people who pray.

Forms of Prayer

There are a variety of different ways to pray. Broadly prayer can be distinguished into two different groups, Liturgical and Personal.

Liturgical Prayer provides opportunities for the people of God to come together and unite their hearts and voices, in doing so the Church celebrates the mystery of Christ. Liturgical prayer has the potential to draw us out of ourselves, to focus us beyond our personal comfort zone. The Eucharist, the Prayer of the Church (also known as the Divine Office or Liturgy of the Hours), and the Rites of Penance are examples of liturgical prayer.

Personal Prayer provides opportunities for individuals to pray either alone or in groups. Personal prayer assists the individual to nurture their relationship with God. Reading and meditating on the Word of God, sitting in silence, spiritual journal writing, guided meditation, singing praise, prayers of thanksgiving, prayer in the spirit, the Stations of the Cross, adoration of the Blessed Sacrament and the rosary are examples of personal prayer.

Prayer and our Mission

When we come to know that we are loved by God then we can never be the same again. If our relationship with God is strong our focus is directed outwards to the world. If we allow ourselves to be open to the transformative power of prayer then we will always be focused on God’s mission in the world.

In prayer, we accept the invitation to follow Jesus and live out God’s call in our lives. In prayer, we are energised and animated by the Holy Spirit to be witnesses to Christ and to be partners in his work to bring about the Kingdom of God. In prayer, we have the opportunity to quiet our hearts and minds and find the still point in our busy, boisterous lives.

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How Do I Pray?

Here is a simple template for prayer using the headings You - Who - Do - Through. It can be used for any occasion to develop personal or shared prayer.

- You we begin by naming and addressing God. e.g. ‘Loving God’, ‘God of wisdom and compassion’, ‘Merciful Father’.
- Who we recognise who God is for us; an act or quality of God. We recognise the relationship that exists between God and ourselves. e.g. ‘Model of forgiveness’, ‘You guide and protect your people’, ‘Our strength’, ‘You are our shepherd’.
- Do we name what it is that we are asking God to do. e.g. ‘Bless us as we...’, ‘Give comfort to...’, ‘Give us your strength and courage to...’, ‘Help us to...’.
- Through we address our prayers to God through Christ. e.g. ‘We ask this through Christ our Lord’, ‘In the name of Jesus, your Son’, ‘In Jesus’ name’, ‘Through Jesus, our brother’.

Example (an on-the-spot grace):

- You: Gracious God,
- Who: all that we have is your gift to us.
- Do: Bless this food that we will share together and those who have prepared it for our enjoyment.
- Through: We ask this through Jesus Christ our Lord. Amen.

Regular use of this template can make prayer easier and can assist in developing a regular prayer routine. Take some time to create your own prayer using this template. You might like to write a prayer for your family or asking God’s blessing on your pilgrimage to WYD08.

Prayer Campaign Opportunities

Below are some ways you can participate in *Liturgical prayer*:

Celebration of the Mass

The celebration of the Mass is the high point of our Catholic faith. All that we do as Catholics is nourished through participation in the Mass. Try to attend a weekday celebration of the Mass in addition to your regular Sunday commitment. Communities might consider celebrating a week day Mass for the intentions of WYD08.

The Prayer of the Church

The Prayer of the Church is a communal prayer of praise and thanksgiving. The preparation of young people for WYD08 provides an excellent opportunity to introduce groups of pilgrims and faith communities to this beautiful communal prayer.

Below are some ways you can participate in *Personal prayer*:

Local Prayer groups

Invite your local community's prayer group to focus prayers for the success of World Youth Day.

Youth Group Meetings

Organise to begin your youth group meeting 15 minutes early and gather friends and group members to pray for 15 minutes before the meeting starts

Exercise Body and Spirit

Do you regularly go for a walk or run? Whether going to or from school/work or just for the exercise, this can be a time of quietness and reflection which can be used to communicate with God. You could use this time for prayer. Maybe get a group together from your community.

Retreats

Take some time out of your busy schedule to be in reflection and prayer. Take time for a retreat either by yourself or in a group. This can create a support environment for your prayer time and give you a chance to focus on your relationship with God.



Contemplative

Find a quiet spot, make yourself comfortable and just 'BE' with God. Through reading scripture, repetitive music or mantras, spend time being open and present to God. Music from Taizé can be very useful for this type of prayer.

Family Prayer Ideas

Gather as a family to pray for the Archdiocese. Family prayer is an important way to develop a healthy prayer routine. Get some great resources for family prayer at the Youth and Children's Ministry website: www.ycm.org.au

Leaven hour

On the fourth Friday of each month the Vocations Office hosts Leaven Hour at St Stephen's Cathedral. Mass begins at 5:10pm followed by Eucharistic Adoration from 5:40pm to 6:30pm.

Set a Goal

Most people cannot attend a prayer gathering for an hour, but over a week could you collectively pray for an hour? Do what you can where you can and aim to pray for an hour each week for the Archdiocese and World Youth Day.

Prayer websites

Log onto a regular prayer website and join people around the world in prayer. Some prayer websites offer resources and podcasts to assist in your prayer life. Maybe you could develop your own community prayer website. Some websites are: www.catholica.com.au www.catholicaustralia.com.au www.pray-as-you-go.org www.franciscans.org.au/sfo

Meetings

When attending meetings to help plan and support the life of your church, begin the meeting with a prayer for your local communities involvement in World Youth Day.

Stations of the Cross

Every church has stations of the cross, but most are only prayed during Lent. Taking the time to walk around the stations and reminding ourselves of Christ's final hours can be a powerful prayer experience. Discuss with your group leader possible ways to incorporate the stations in your next prayer gathering.

I have witnessed many times the youthful energy and vitality that young people bring to prayer. I encourage you now to bring that energy and vitality to your preparations for WYD08 so that the power of the Holy Spirit may come upon this Archdiocese and renew us all in witnessing to the mission of Jesus.

*Archbishop John Bathersby DD
Spirited: prayers for young people*

Prayer resources:

Come Holy Spirit Prayer Cards and Website

The prayer cards offer users a selection of prayers and reflection questions and are free to communities from *Faith & Life* (www.bne.catholic.net.au/faithlife). The Website contains resources and reflection material for developing and sustaining a regular prayer life. (www.bne.catholic.net.au/comeholyspirit)

Pilgrimage: the journey within and beyond

A prayer card which explores 'Pilgrimage' and contains a selection of pilgrim prayers from WYD08. (copies are available from WYD Secretariat)

Spirited: prayers for young people

A collection of prayers from and for young people around their personal journeys, times of special need and for WYD08. It also contains resources for understanding and developing prayer. (copies are available from WYD Secretariat: \$5 a copy)

WYD SYD prayer campaign

The WYD SYD website contains weekly prayers of the faithful and monthly words of inspiration and prayer foci. (Visit www.wyd2008.org - the resources are listed under Australian Parishes and Schools in the menu.)

The Holy Hour of Power Kit

A resource book which outlines prayer through Eucharistic Adoration. (copies are available from WYD Secretariat)



Pilgrim Prayers for WYD08

Come Holy Spirit,

Sweep across our nation ancient and new
Call together pilgrims from near and far
Inspire us to embrace the journey to World Youth Day
May we be empowered to be your witnesses in all lands. Amen.

Come Holy Spirit

Capture our hearts anew as we encounter the Cross and Icon
Draw us into a deeper relationship with Jesus and His Mother
Kindle a yearning for prayer and quietness in our lives
May we rejoice in celebrating our faith with others. Amen.

Come Holy Spirit

Gather together young people from every nation to our diocese
Reveal to us the beauty and goodness within each pilgrim
Open our hearts to welcome them into our homes and lives
May we grow together in faith and friendship. Amen.

Come Holy Spirit,

Draw people, young and old, to Christ during World Youth Day
Stir within us the desire to celebrate faith with others
Lead us all to be active in our local Catholic faith communities
May we experience being welcomed and accepted. Amen.

Come Holy Spirit,

Arouse within us a renewed call to be followers of Jesus
Draw us into deeper communion with God and one another
Empower us in our baptismal mission to transform the world
May all we say and do bring the Kingdom of God alive throughout this land. Amen.



Come Holy Spirit renew our Archdiocese through World Youth Day

For further information about World Youth Day contact:

World Youth Day Secretariat

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Everyday Mission

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For further copies of this resource, download it free from www.wydbrisbane.org.au under recourses