

Pray, Hope, and Don't Worry

A prayer service to be used with Chapter 1: Preparing for the Journey: Basic Information.

Needs:

- Notecard and pen for each student

Leader: Today we focus our time of prayer on trusting God and understanding the movements of the heart that are from God, and those that are not from God.

Reader 1: A reading from the book of the Prophet Isaiah (Is 41: 10),

Do not fear: I am with you;
do not be anxious; I am your God. a
I will strengthen you, I will help you,
I will uphold you with my victorious right hand.
The Word of the Lord.

All: Thanks be to God.

Leader: St. Pio of Pietrelcina was an Italian Capuchin monk who lived in the twentieth century. Though a humble man, he became a famous confessor who could speak the truth into the lives of others in a life-changing way. St. Pio spoke often about how worry and angst do not come from God. Let us listen to his wisdom. He is known for saying often, "Pray, hope, and don't worry."

Reader 2: The Spirit of God is a spirit of peace. Even in the most serious faults, he makes us feel a sorrow that is tranquil, humble, and confident. This is precisely because of his mercy. The Spirit of the devil, instead, excites, exasperates, and makes us feel, in that very sorrow, anger against ourselves. We should, on the contrary, be charitable with ourselves first and foremost. Therefore, if any thought agitates you, this agitation never comes from God, who gives you peace."

Leader: As we end our time of prayer. Take a moment to write out on your notecard this Bible verse on one side, and St. Pio's wisdom, "Pray, hope, and don't worry" on the other. Lord, we bring to you today anything that may be weighing on our hearts and ask you to help us surrender these worries into your care. We ask for your strength to guide us, and for trust to know that you are with us in all things. Amen.