

# IV SEMINAR

## OF STUDY ON SPIRITUAL DIRECTION FROM A SALESIAN PERSPECTIVE

# ACCOMPANY THE LIFE OF PRAYER

YOUTH MINISTRY DEPARTMENT (ROME)

### THEME PRESENTATION

Spiritual life is nourished by the Word as a means of personal discernment, is celebrated in Liturgy and Sacraments, and is fortified in prayer. Through them, in a process of growth in faith and spiritual accompaniment, the prayerful dimension of the individual is strengthened. Our desire is to help all youth to be able to let themselves be challenged through a dialogue with God, to learn to pay attention to that which God is proposing in their lives, to recognize his voice present in their very own life history. Salesian prayer in youth, as a lived reality, helps them to look at their own story with God's perspective, to see it with God's eyes, to see it just as God sees it, to imagine it as the image of God.

In the formation of youth, there must be place for education in prayer. While the value of liturgical and community prayer is certainly affirmed, it is also necessary to reaffirm the importance of personal prayer as "the condition of authenticity" in Paul VI's words.

To educate in a life of prayer is more than expounding a doctrine. It is much more like the mediation of God's action. Before being able to help others to pray, the Salesian who accompanies youth must have had this very experience of prayer. Specifically, he must have found in prayer God's light to complement the interior action of the Master. Youth themselves are capable of seeing and verifying God's gift through those who are capable of recognizing the Lord's absolute primacy in the formation of persons.

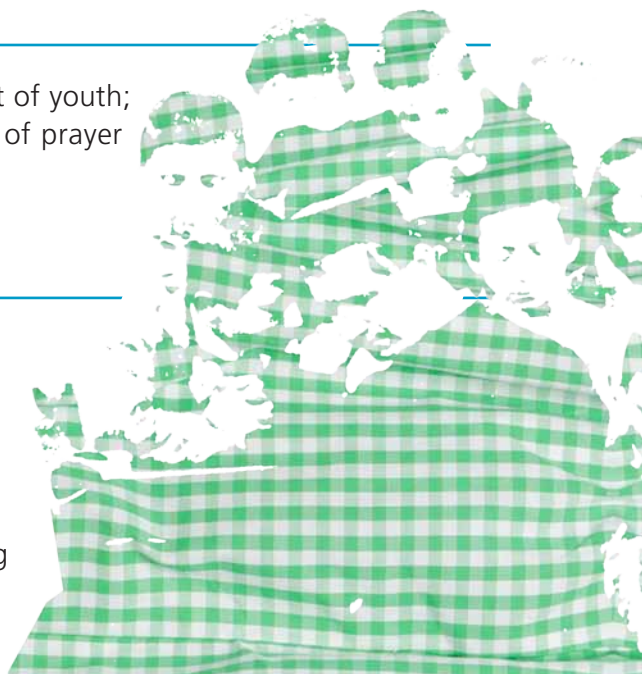
After the four seminars organized by the Youth Ministry Department from 2010 to 2013 ("Spiritual Accompaniment, The Pedagogical Itinerary in the Salesian Context at the service of youth"), we offer a new space that helps the educative and pastoral ministry.

### AUDIENCE

Committed Salesians and laity in the personal accompaniment of youth; those who have concrete experience in education to the life of prayer within the Salesian Youth Ministry.

### OBJECTIVES

- 1 Discover the importance and the educative role of prayer within the sources of Salesian spirituality.
- 2 Share common practices in the accompaniment of prayer with children, adolescents and young people.
- 3 Reflect upon the distinct methods and modes of prayer to find that which can be best adapted individually, using a Salesian style with a very practical approach.



## CONTENT

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### MODULE 1 Prayer in Salesian spirituality

- ▶ Prayer in Don Bosco: "What does prayer mean for him?" "How does he educate to prayer life?" "What are the primary sources of prayer?"

2

### MODULE 2 Prayer and spiritual accompaniment

- ▶ The urgency and the necessity of prayer in the one who spiritually accompanies.
- ▶ The education to personal prayer in the spiritual accompaniment of youth: how to understand the obstacles?; how to educate to the quest for prayer? and how to comprehend the dangers on the road to prayer?
- ▶ Vocation and prayer in spiritual accompaniment: the history of every vocation is a history of prayer.

3

### MODULE 3 Prayer Journeys

- ▶ Personal Prayer: spiritual journal; prayer in special moments; praying with symbols, icons, music, dance.
- ▶ Praying with the Word: prayer with the Psalms and Lectio Divina.
- ▶ Eucharist, the prayer of the Church.
- ▶ Initiation into prayer with children: obstacles, resources and priorities.
- ▶ Various forms and expressions of prayer in groups: experiences of a "school of prayer" and social networks.
- ▶ Others.

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### MODULE 4 Times for praying and sharing

- ▶ Itinerary of prayer in Matthew 6 (Lectio Divina).



## MODALITY OF WORK

The seminar will be carried out through a series of papers and workshops offering guided experiences that offer knowledge and familiarity with varied ways of education to prayer:

**Paper presentation and "feedback" (module 1 and 2):** a formative activity that offers a reflection and, at the same time, moments for sharing and analysis between the participants and the speaker. A method that involves active participation.

**Workshop offering Practical Experiences (modulo 3):** a space in which a limited number of participants and one or two presenters offer concrete experiences of prayer. Going beyond the academic exposition of the theme, the workshop aims at deepening the particular topic from a practical perspective.

**Prayer method (Module 4):** the group is invited to participate in the "Lectio Divina", as an opportunity for prayerful listening to an itinerary of the Word of God.

**Personal work and group reflection (guiding questions):** the principal intention is to bring out the challenges and opportunities presented by these themes with the accompaniment of prayer in diverse Salesian contexts.

## DATE AND PLACE

Rome, Nov. 16 -20, 2016 (begins on Wednesday, Nov. 16 at 8:00 p.m., and ends with lunch on Sunday, Nov. 20, 2016)