

GLOBAL PRAYER

Confirmation resource

Prayer 1: GOD'S LOVE

You will need: global prayer PowerPoint slides printed out.

Set a reflective mood, maybe by lighting a candle or playing some reflective music. Scatter the pictures in the middle of your group. Give the group a chance to look through them and ask them to choose one that speaks to them today. Give them a few minutes to look at their chosen picture, think what it means to them and think about how they can see God's love reflected in that picture. Give them a chance to share their thoughts if they wish. Invite the group to share a short prayer about what they have thought about.



Prayer 2: SING LIKE NO ONE IS LISTENING

You will need: A selection of worship songs, hymns, music.

Share U Win Myi's description of prayer. Then give time for group to share their thoughts. St Augustine says that when we sing, we pray twice¹. Invite the group to choose a song and sing like only God is listening!



CAFOD's Mark recalls his trip to Myanmar: "A fisherman I met called U Win Myi would sing instead of praying. He rowed his boat a long way from his village and would sing at the top of his voice to get closer to God. He didn't sing any songs or give me any words. This grew from him saying oaths in his boat, then prayers and finally song." U Win Myi says, "I feel singing helps me to be at one with God. I found it is a good way to discover God. Singing is a spiritual thing."

1. Catechism of the Catholic Church, paragraph 1156

Prayer 3: SACRED SCENT

You will need: incense, matches.

Incense is an ancient religious symbol used in many religions and cultures, including Christianity, Judaism and Buddhism. Frankincense is particularly symbolic in Christianity. Incense is used for many different reasons, including to show the holiness of an occasion, as a purifier or as an offering to God. Incense can also symbolise our prayers going to heaven.



Try using some incense in your prayer either at the beginning of your session as a reminder of God throughout your session, or whilst inviting individuals' prayers at the end. Note: make sure you comply with health and safety requirements.

Prayer 4: PEACEFUL POSTURE

You will need: nothing!

Explain to your group that we really need peace in our world. We need peace for ourselves, our communities and for communities across the world. Explain that during Mass in Sri Lanka and India, instead of reaching out and shaking hands, people often hold their hands in a prayer position in front of their chest and slightly bow their head towards another person, offering peace. This posture is both a prayer and a greeting.



Try offering peace to others in your group in this way and invite prayers for peace in your community and round the world.

Prayer 5: GOD'S SEEDS

You will need: Seeds of God reflection, pots, compost, seeds eg. sunflower seeds.

This would be a good prayer for the start of your Confirmation preparation. Share the *Seeds of God* reflection from CAFOD's partners in Brazil. Invite the group to share their thoughts on the story.



Invite the young people to plant a few seeds. As they plant each one, pray that God helps them develop a certain attribute during their Confirmation preparation. They could choose from love, faith, hope, wisdom, forgiveness or from the gifts of the Holy Spirit. Over the next few weeks, come back to the seeds and invite the young people to reflect on how they themselves are developing.

Prayer 6: NORTH, SOUTH, EAST, WEST

You will need: North, South, East, West prayer, some outside space or natural sounds, eg. recording of birdsong or waves (if indoors).



This prayer takes inspiration from the Christians in South and Central America who recognise the importance, beauty and spirituality of creation. This prayer works particularly well outside. Invite the group to stand in a circle and face each direction as somebody reads the *North, South, East, West* prayer.

Try our Guatemalan lino-print activity to explore this spirituality further or Climate reflection activities.

Prayer 7: WE ARE ONE

You will need: Songs from the Mamaland track one MP3 from cafod.org.uk/confirmation, lyrics, audio equipment, pens and paper.



This song is by artists from the Kibera Community Youth Programme in Kenya. In Nairobi, nearly 60% of people live in slums. Young artists are using hip-hop to tackle controversial social issues. Set a reflective mood, maybe light a candle. Play the song and invite the group to listen out for a line in the song that means something to them today. They could then share the line that stood out for them with the person next to them.

Invite young people to work in small groups or alone to write a song. It could be about the unity of Christians across the world, or something else important to them. Encourage them to write the song as a form of prayer.

Try our *Change your tune* workshop to explore more about the benefits of music in communities CAFOD works with.

Prayer 8: KENYAN BEADS

You will need: Sinteyo's story, materials to make bracelets, eg. beads, elastic, coloured embroidery thread, loom bands.



Sinteyo is from Kenya and her community are Maasai and Catholic. They combine traditional ritual with Christianity. Share Sinteyo's story where she describes how her community prayed when they were facing a drought.

Sinteyo wears special beads for her prayer. Catholics use rosary beads. Muslims, Buddhists and Hindus also use prayer beads. Offer your group a selection of materials to create their own set of prayer beads. Invite them to choose a prayer for each colour, then make a pattern. Like Sinteyo, invite them to pray for things that are very important to them and their community.

Prayer 9: ETHIOPIAN ELITA

You will need: Someone who knows elilta (or ululation) or a YouTube clip of ululation.



Catholic and Orthodox Christians in Northern Ethiopia perform *elilta* during the most sacred parts of Mass, for example, the consecration, as a form of praise. They also use it at weddings and births to show joy. It's used by many people around the world. It is a high pitched trilling call made by moving the tongue rapidly up and down in the mouth whilst simultaneously singing a high-pitched note.

Ask your group to demonstrate what noises they make to show happiness, joy or praise. Why not try *elilta* with your group? Perhaps you have some young people who know how to do it and can show the others. Otherwise, try saying 'eli' repeatedly and really quickly, raising the pitch and volume when you get more confident. If you are comfortable, perhaps try this as a form of praise during adoration or worship.

Prayer 10: WHAT I LOVE

You will need: David's story, post-it notes and pens.



David is a young person from Kenya. It is his job to look after his family's goats. Share his story with the group. David says, *"I like being a shepherd of goats. I love goats when I feed them, because I know my mum will be able to sell them and send me to school. I also love school and playing football with my friends. I want to have my own car and to be a broadcaster."*

Invite the group to share their thoughts on David's story. Share the scripture quote, "This is the day that the Lord has made, let us rejoice and be glad in it" (Psalm 118:24). What does David enjoy about his life? Give each young person one to three post-it notes and invite them to write down what they are thankful for in their lives. Share a prayer of thanks for all these benefits. Perhaps include these post-its in an offertory.



Prayer 5: Seeds of God reflection

A young man entered a shop and saw a gentleman in the balcony. Marvelled by the beauty of the place, he asked him:

"Sir, what do you sell here?"

"All the gifts of God," the man replied.

"And are they very expensive?" he asked again.

"They do not cost anything. Everything here is free."

He looked at the shop and saw that there were jars of love, glasses of faith, packets of hope, boxes of salvation, lots of wisdom, bundles of forgiveness, big packets of peace and many others gifts from God. He gathered courage and asked:

"Please, I would like the biggest jar of God's love, all the bundles of forgiveness, a big glass of faith, for me and for all my family."

So the gentleman prepared everything and gave him a small bundle that fit in the palm of his hand.

Amazed, he said:

"But how can all I asked be here?"

Smiling, the man answered:

"But my dear brother, in God's shop we don't sell fruits, we only sell seeds. Plant them!"

Credit: Reflection used by CAFOD partner, MDF, Brazil.



Prayer 6: North, South, East, West prayer

In an unhurried fashion, we greet the six directions in prayer.

We turn to the east and face the rising sun.

We praise you, God, for the gift of new life, of new days, of youth, of beginnings.

We turn to the south to the lands which are warmed.

We thank you, God, for those people, events and things which warm our lives and help us to grow and develop.

We turn to the west to the setting of the sun. We praise you, God, for sunsets, nights, for endings in our lives.

We turn to the north, and remember the challenges and difficulties in life. We ask you, Lord, for the courage to take up your call for us.

Bending down to touch mother earth. We praise you, Creator God, for the things which sustain our lives.

Finally, as we gaze into the sky, we think of all our dreams. We thank you, God, for your gift of hope.

Centred in the Creator's universe, we recognise our part in all of your creation.

Credit: Sophie Stanes/CAFOD



Prayer 7: Songs from the Mamaland track 1 lyrics

I'm talking about the nobodies, the nameless people,
the numbers, the faceless people,
the nobodies, no name.
People who are not human beings but human resources,
the valueless, the priceless.
I'm talking about the people who are not worth the price
of the bullet that kills them,
The price of the bullet that feeds them,
the bullet that hits them, that hits them.

We are the family, we are one, no matter who we are,
together we will be great and succeed in all we do.
So let us move with a love that never dies,
so let us move with a love that never dies.

Come to realise, no one can be alone,
it never worked for me,
but where there is a you is making this through,
so we are one, we are one.

But it won't take much longer,
for one people to help each other.
And that's when my people will rise and shine,
Rise and shine from the valley of depression,
To the mountain of equality and justice.

So let us move with a love that never dies.
Cause we are one, we are one, we are one. (repeated)

Lyrics: Kibera Community Youth Programme, Kenya.



Prayer 8: Sinteyo's story

"In Maasai culture, when it's very dry we wear special beads and go to the river, and we start singing facing Mount Kenya. We have special gourds. We put a little bit of milk and water in them and we put grass in at the top. We clasp the gourds with the milk inside, and we sing, asking God for rain.

"We sing from morning to evening. We go down to the stream and we sing the whole day as a group. By evening, we usually see some clouds forming. We sing:

"Oh God, you can see we have no rain The harvest is bare, our crops are dying Our animals are suffering We pray for peace, for the community Especially for our children We pray to you to spare our animals Please keep death away from our community and everything we own."

Interview: Kenya, May, 2014.



Prayer 10: David's story

David, 11, lives in Maralal in Kenya. He lives in a village in beautiful hills; the surrounding landscape is vast, green and undulating. His home is busy with animals, including dogs, chickens and people. He lives with his mother Rose, father Charles, and his brothers and sisters.

His mother says, *"We are pastoralists – animals are our security."*

In 2009 all their animals were killed by a terrible drought, except one goat and two cows. The goat was given to Rose by CAFOD's partner, The Catholic Diocese of Maralal, and was a 'super goat' that gave a higher amount of milk than normal goats. This goat gave nutritious milk to sustain the family, especially the youngest, Tabita, who was suffering from malnutrition.

Today, the family has 50 goats and 30 cows. It is David's job to look after the goats. He says, *"I like being a shepherd of goats. I love goats when I feed them, because I know my mum will be able to sell them and send me to school. I also love school and playing football with my friends. I want to have my own car and to be a broadcaster."*

Interview: Kenya, 2012.

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