

**RELATED SCRIPTURE
PASSAGES:**

Listening:
Proverbs 8:32-34;
Matthew 17:5;
John 10:27;
James 1:19

Serving:
Mark 10:45;
Romans 2:13;
Philippians 2:5-7;
James 1:22-24

**RELATED CATECHISM OF THE
CATHOLIC CHURCH REFERENCES:**

Contemplative Prayer:
2709, 2713, 2715-2717

**RELATED YOUCAT
REFERENCES:**

Prayer:
469-470, 490, 493-494, 499, 508

Beginning of Holiness

SYNOPSIS

St. Teresa of Kolkata's insights on prayer and how it connects us with God are put to simple but beautiful graphics that will inspire.

SUGGESTED USES FOR THIS VIDEO

- † Use this film to open a prayer service or an event or meeting about prayer. Send it out to your teens as a way to touch base or a mid-week reminder that God wants to spend time with them.

QUESTIONS FOR DISCUSSION**"God speaks to us in the silence of our heart."**

1. What does this mean?
2. Is your heart silent?
3. How can you make your heart silent?
4. Why would it be helpful to have silence in our hearts for God to speak to us?

"We speak to God from the fullness of our hearts."

1. Have you ever felt you had so much in your heart that you HAD to speak to God about it?
2. What happened when you did?

**St. Teresa of Kolkata laid out a very simple progression of prayer:
"First we listen. God speaks and then we speak and God listens."**

1. What does she say we should do first?
2. Is this how you pray—listen first?
3. Why do you think she says to listen before we speak?