

# Building a Culture of Prayer with Amen™

Practical ways to bring Amen into parish life



## PRAY → PRACTICE → INVITE

**PRAY:** Use Amen together during an existing parish gathering.

**PRACTICE:** Invite the faithful with one simple prayer or meditation to continue during the week.

**INVITE:** Encourage them to make Amen part of their personal or family prayer routine. Use the notification setting within the app to build a habit of prayer.

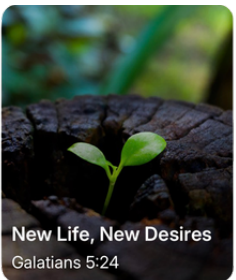
### Sacramental Preparation

Use Amen to extend sacramental preparation beyond the classroom & into a life of prayer at home.



#### Marriage Preparation

- Encourage couples to establish a shared prayer routine for their marriage.
- Incorporate a short Amen meditation or prayer for in-between classes.
- Invite engaged couples to use Amen as they find the rhythm of prayer as one.



#### Baptism Preparation

- Share a meditation with parents preparing for their child's Baptism.
- Encourage parents and godparents to strengthen their prayer life as they prepare for the child's Baptism.



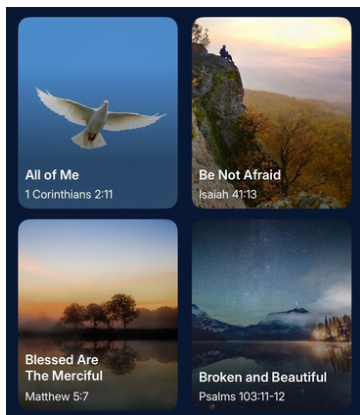
#### First Communion & Reconciliation

- Turn prayers learned in sacramental preparation into opportunities for real prayer at home.
- Connect sacramental preparation to a daily life of prayer at home.
- Give families a simple way to pray and learn together.

#### Prayer Memorization

- Move beyond memorization by helping children hear, pray, and practice the prayers they are learning.
- Pair required prayers with opportunities to hear and pray them in a personal way.

## Youth Ministry



Help teens move from **learning about prayer to actually praying.**

- Start a monthly “Amen Challenge” to build a consistent prayer habit.
- Invite a teen leader to champion the challenge and share daily prayer prompts.
- Encourage prayer journaling to reflect on what they hear and experience.
- Use Amen for quiet prayer during youth nights or retreats.
- Explore different forms of Catholic prayer and discuss what helps your teens pray.

## Parish Groups & Ministry Meetings

Bring intentional prayer into the meetings that already happen throughout parish life.

### Staff Prayer & Formation

- Begin staff meetings with an Amen meditation or prayer.
- Choose a weekly or monthly prayer for staff to pray together and use Amen's notifications to encourage consistency.
- Build a culture where parish staff are not only planning ministry but also praying together.

### Small Groups

- Use Amen as a starting point for group prayer.
- Listen to a meditation together and allow time for silence or reflection.
- Give participants a prayer to continue individually throughout the week.

## Parish-Wide Prayer Challenges

Turn Amen into a parish-wide invitation to pray.

### Advent & Lent

- Have the pastor introduce a parish-wide Amen prayer challenge through homilies and parish communications.
- Invite parishioners to pray with Amen each day throughout Advent or Lent.
- Choose a specific theme, meditation series, or prayer for the parish to follow together.

### Other Parish Challenges

- 7-Day Prayer Challenge
- Family Prayer Challenge
- Daily Scripture Challenge
- “Start Your Day With Prayer” Challenge

## Start With What You Already Do.

Choose **one ministry, one prayer, and one invitation.** Use Amen to help your parish move from **formation to prayer, and from prayer to a habit of discipleship.**