

Below are some resources related to some of the prayer experiences that will occur during the Pilgrimage. You might want to make this page available to adults travelling with young people so that they can share in these experiences confidently.

## RECONCILIATION / CONFESSIONS

How I Can Prepare <http://www.bridgeportdiocese.com/lent/how-can-i-prepare>

Examination of Conscience

English

<http://www.johnpaul2center.org/JohnPaulIIICenter/LayFormation/AdultFormation/SeasonofMercyFaithFormationRes/ExaminationofConscienceforYout.pdf>

Spanish

[http://www.johnpaul2center.org/JohnPaulIIICenter/LayFormation/AdultFormation/SeasonofMercyFaithFormationRes/EC\\_forYouthSPANISH-Revised2-2-.pdf](http://www.johnpaul2center.org/JohnPaulIIICenter/LayFormation/AdultFormation/SeasonofMercyFaithFormationRes/EC_forYouthSPANISH-Revised2-2-.pdf)

How to Go to Confession / Act of Contrition

English

<http://www.johnpaul2center.org/JohnPaulIIICenter/LayFormation/AdultFormation/SeasonofMercyFaithFormationRes/HowtogoConfessionFINAL1.pdf>

Spanish

[http://www.johnpaul2center.org/JohnPaulIIICenter/LayFormation/AdultFormation/SeasonofMercyFaithFormationRes/Spanish\\_HowtogoConfession1.pdf](http://www.johnpaul2center.org/JohnPaulIIICenter/LayFormation/AdultFormation/SeasonofMercyFaithFormationRes/Spanish_HowtogoConfession1.pdf)

Sacraments 101: Penance (video) <http://www.youtube.com/watch?v=Wz5-vu6A58E>

## EUCHARISTIC ADORATION:

Reflections and resources for Eucharistic Adoration with Youth

<http://www.catholicreview.org/blogs/god-is-in-the-clouds/2013/11/08/reflections-and-resources-for-eucharistic-adoration-with-youth>

Dear Jesus <http://lifeteen.com/dear-jesus-on-mass-and-adoration/>

What to Do in Adoration

[http://www.crossroadsinitiative.com/library\\_article/1316/What\\_to\\_Do\\_in\\_Adoration.html](http://www.crossroadsinitiative.com/library_article/1316/What_to_Do_in_Adoration.html)

Youth and Eucharistic Worship

<http://www.pastoralliturgy.org/resources/1007YouthAndEucharisticWorship.php>

## ROSARY:

Teaching Teens the Rosary <http://www.catholicnewsagency.com/cw/post.php?id=514>

Why Do Catholics Pray the Rosary <http://lifeteen.com/why-do-catholics-pray-the-rosary/>

How to Pray the Rosary <http://www.netusa.org/praytherosary/>

Teaching the Rosary <https://www.avemariapress.com/engagingfaith/2010/10/teaching-rosary-to-high-school-students>

## STATIONS OF THE CROSS

Understanding the Tradition <http://resource.fraynetwork.com.au/object.cfm?o=196&pid=1386>

Stations Explained <http://www.lecheiletrust.ie/resources/stations-of-the-cross-for-students>

A Devotional Guide <http://www.patheos.com/blogs/markdroberts/series/the-stations-of-the-cross-a-devotional-guide-for-lent-and-holy-week/>