



"Prayer changes our hearts. It helps us better understand our God," said Pope Francis in one of his homilies. This deeply touches our souls as we know that prayer is one of the most important elements for the realization of World Youth Day.

Since the last World Youth Day in Krakow in 2016, we introduced a Day of Prayer when we gather to pray for the preparation of this encounter, the youth of the world, and above all, for the young people who will participate in WYD Panama 2019.

In Panama, this Day of Prayer is on the 22nd of every month. During these last months, we have added prayer intentions on different aspects of Christian life and events that we have to unite in prayer, not only in Panama, but in every corner of the world.

Day of Prayer

The Day of Prayer initiative started in July 2017, one year after the announcement that the next WYD would be in our country. Prayer has the power to transform us and connects us directly with God.

In Matthew 18:20, it says: "For where two or three are gathered together in my name, there am I in the midst of them." For this reason, every month we choose a different parish and a school in the Archdiocese of Panama and invite the other parishes and everyone who wishes to participate to pray with us. There are multilingual prayers, testimonies, adoration of the Blessed Sacrament, Holy Mass, and other activities. In this way, we are

filled with the love of Christ and with the peace that we can only find in Him.

Why the 22nd day of every month?

We chose this date because October 22nd is the feast day of St. John Paul II, the patron and founder of WYD.

The figure of St. John Paul II plays a significant role in the World Youth Day. He believed in the youth and started WYD, which has now, after 34 pilgrimages, come to Central America.



International Day of Prayer



Through the years, World Youth Day has become more technological. From the beginning of this preparation, we have asked social media users to share their prayer intentions with the hashtag **#PrayForWYD**. Every month, they have sent us their prayers through social media and told us how they are getting ready to visit Panama in January 2019.

We have also invited the international community to unite with us in prayer with the intentions we have prepared each month since April with **#PrayForEarth**, when we celebrated Earth Day. In May, we had **#PrayWithMary** which we used to highlight the role of women in society. In June and July we prayed for refugees and for grandparents, and this month of August, we pray for families (**#PrayForFamily**), and unite in prayer with the families going to the World Meeting of Families in Ireland with the Holy Father.

In the coming months, we will pray for these intentions:

- September - **#PrayforPeace**
- October - **#PrayforSickness**
- November - **#PrayforVictims**
- December - **#PrayforVolunteers**



Additionally, the WYD Media Team produces a video, which shares and encourages us to pray for the prayer intentions of each month. You can see all these videos on our Youtube channel "**Jornada Mundial de la Juventud Panamá 2019**". You can also be part of these videos! Just send your videos, photos, and prayer intentions to the e-mail address prayforwyd@panama2019.pa or to the social media [@panama2019](https://www.instagram.com/panama2019)