

Reflecting On Your Practice of Prayer

When do you pray?

- Every day? Once a day? Several times throughout each day?
- On Sundays?
- When you feel like it?

Where do you pray?

- Anywhere and everywhere?
- At home? In school? In church?
- In the car?
- At the scene of an accident or other tragic occurrence?

How do you pray?

- Memorised prayers? For example, the Lord's Prayer, the Hail Mary and so on?
- Alone? With others?
- Whatever words come to mind?

Why do you pray?

- For yourself? For others?
- To give thanks?
- Out of wonder and praise?
- For forgiveness?

Reflect on your answers

Would you describe yourself as a person of prayer?

Identify any patterns to your praying.

What might you change in your practice of prayer to help you grow as a person of prayer?

Keep a prayer diary for one week and write down your thoughts and reflections after you have prayed.