

THE REVIEW OF PRAYER

The practice of reviewing your prayer is not about evaluating how well you prayed. It's more about learning to understand how God "speaks" to you personally and uniquely. We can learn the way God communicates with each of us by paying attention to what happens in our prayer.

After taking a moment or two to stand and take a quiet break, journal for a few minutes on your experience of prayer just now. Pick one or two of the following questions to guide your written reflection. You don't have to answer them all, just the ones that apply at this time--the ones you feel especially drawn to...or perhaps even those you are especially resistant to:

- What feelings, movements, or insights did I notice stirring within me?
 - How were God and I present to or absent from each other? Did I feel close to or withdrawn from God?
 - Where might I be invited to listen deeper?
 - Did I listen from my heart or lead from my head?
 - Was the environment or my posture helpful to prayer? What changes can I make next time that would be more conducive to prayer?
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