



**Day 15 (Sunday):** Prayer Survey

*Prayer can open us to the invitation of God and lead us in generosity. All of us have our own perspectives and experiences around engaging in prayer. Respond to the following statements on a scale of 1 to 5, with 1 as strongly disagree and 5 as strongly agree. There are no right answers!*

- \_\_\_\_\_ Prayer is an important and regular part of my life.
- \_\_\_\_\_ My prayers tend to be centered around asking God for things.
- \_\_\_\_\_ I pray without expecting an answer or response.
- \_\_\_\_\_ I have tried various methods of prayer to find one or several that work best for me.
- \_\_\_\_\_ I would like to live more prayerfully.
- \_\_\_\_\_ I believe that there is something God wants me to do.
- \_\_\_\_\_ I believe that God wants me to live in a certain way.

*Reflect: What might these responses reveal about your ideas on prayer?*

**Day 16 (Monday):** Prayer Journal

*Begin to keep a prayer journal for this week where you can note what you pray for, your experience in prayer, and any responses to your prayers. Use the space below to write a first entry or reflect on how you hope a prayer journal might be a useful tool in living a prayerful life:*

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**Day 17-18 (Tuesday-Wednesday):** Mini Prayers

*Over these two days, experiment with pausing throughout the day to spend just a minute or two in prayer. This could be first thing in the morning, before a meal, while driving, in between meetings, before bed, or any other time! Notice the time and place that worked best for you and consider whether you might like to make this a regular practice. Reflect on the experience below or in your prayer journal:*

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**Day 19 (Thursday):** Lectio Divina

*Try praying along with scripture in the ancient practice of lectio divina by slowly reading Genesis 12:1-4 several times, listening first for any word or phrase that speaks to you and then reflecting on what this might reveal about God or how God might be speaking to you through it. You might wish to make a note of this in your prayer journal. Close by resting in the presence of God.*

**Day 20 (Friday):** Daily Examen

*At the end of the day, try the prayer of daily examen designed to help us reflect on the presence of God throughout the day. Work your way slowly through the prayer: recognize God’s presence with you, give thanks for the day’s blessings, consider the ways the Holy Spirit was at work in us throughout the day, recognize and confess our shortcomings through the day, and pray for reconciliation and preparation for the day to come. Reflect on the experience in your prayer journal.*

**Day 14 (Saturday):** Weekly Reflection

*After this week’s focus on prayer, reflect on the practices using the space below. What did you learn? How might God be calling you to a deeper prayer life? Where else might God have been drawing you throughout your time in prayer? How would you like to continue engaging in prayer?*

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