

A personal prayer inventory - pull out and save for Life!

The following is a check list for your personal prayer life. Go through the questions one by one and consider your own prayer life:

- Do you have a quiet place where you can be with God and not be interrupted? (Have you created a Prayer Space at home, with a candle, cross or Bible?)
- When do you pray? At a set time each day or whenever you get a chance?
- Are you awake and rested at these times so that you can really pray effectively?
- Do you say prayers with your family? When do you say family prayers?
- Do you pray before and after meals?
- Do you spend any time in shared prayer with friends?
- Do you pray in the car, or at your desk or job?
- Do you belong to a prayer group?
- How do you determine what to pray for?
 - ✓ Do you listen to the news and read the newspaper to determine what to include in your prayers?
 - ✓ Do you receive prayer letters or news letters from missionaries, mission organizations or other organizations or groups that make prayer information available?
 - ✓ Have you checked Catholic Internet sites that provide prayer help?
- Do you pray for those who requested prayers through the Parish Book of Intercessions?
- Do you pray for the following?
 - ✓ your own spiritual growth
 - ✓ your relatives and especially your family
 - ✓ your co-workers
 - ✓ your parish
 - ✓ your city/town/country
 - ✓ the government/political leaders
 - ✓ people of different faiths
 - ✓ missionaries / mission organizations
 - ✓ military personal
 - ✓ for the evangelization of others to the faith
- Do you consider using the following to create a more effective prayer life:
 - ✓ Read spiritual books about prayer
 - ✓ Attend prayer seminars
 - ✓ Read scripture and reflect on it
 - ✓ Pray together with others
 - ✓ Pray the rosary
 - ✓ Attend the Monday evening prayer group
 - ✓ Attend Adoration (2:00 - 3:00 on Thursdays)
 - ✓ Arrive early for Mass or stay after Mass to pray.
 - ✓ Light a candle and pray for a specific person or thing
 - ✓ Join in the singing at Mass – “Singing is praying twice”.

- Do you include any of the following elements in your prayers?
 - ✓ Worship
 - ✓ Praise
 - ✓ Thanksgiving
 - ✓ intercession
 - ✓ confession of sin/reconciliation
 - ✓ prayer for guidance
 - ✓ personal requests

- Ask yourself the following questions about your prayer life:
 - ∂ Are your prayers to the point and powerful?
 - ∂ Are you humble when you pray?
 - ∂ Are your prayers specific?
 - ∂ Are your prayers Scriptural and reflect the gospels?
 - ∂ Do you make use of a prayer book?
 - ∂ Do you pray in faith and with gratitude?
 - ∂ Do you pray seriously and with intensity?
 - ∂ Do you expect an answer to your prayers?
 - ∂ Do you stop to listen when you pray?
 - ∂ Do you use silence (directed stillness) to receive and feel God's peace and grace?
 - ∂ Do you pray specific standard prayers or meditations or do you have a spontaneous conversation with God?
 - ∂ Do you believe that prayer is a gift from God and not an obligation?
 - ∂ Do you pray for God's grace?
 - ∂ To whom do you pray? God, the Father (Creator); Jesus Christ (Savior, God made flesh) or the Holy Spirit (Advocate, provider of grace)
 - ∂ Do you ask anyone to intercede for you: the Blessed Mother, a Saint, a loved one who has died?

- Other questions about your spiritual life:
 - ∂ Do you attend Sunday Mass weekly?
 - ∂ Do you attend the 7:00 am Communion Service or daily mass at least once a week?
 - ∂ Do you consider your involvement in a ministry of the parish as a prayer?
 - ∂ Do you participate in the Sacrament of Reconciliation?

- Some questions to contemplate:
 - ∂ Do you consider yourself blessed?
 - ∂ Do you consider your blessings a gift from God?
 - ∂ Do you thank God for your blessings?
 - ∂ Do you share those blessings with others?

What is Prayer?

Prayer is the raising up of our minds and hearts to God, either to praise Him, or to thank Him, or to beg His grace; and therefore it is divided into Prayer of Praise, Prayer of Thanksgiving, and Prayer of Petition.

(Rephrased from the Catechism of the Catholic Church, [ccc, sec. 2559](#))

"Be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and playing to the Lord in your hearts."
([Eph. 5:18-19](#))

"In all circumstances give thanks, for this is the will of God for you in Christ Jesus."
([1Thes 5:18](#))

"And I tell you, ask and you will receive; seek and you will find; knock and the door will be opened to you."
([Luke 11:9](#))

Seek to realize that prayer is a conversation with God, prompted by the Holy Spirit, taught and encouraged by Jesus Christ.

"How to pray? This is a simple matter. I would say: Pray any way you like, so long as you do pray." Pope John Paul II

St. Paul teaches us to "Rejoice always, pray without ceasing, and give thanks under all circumstances. [1Thes. 5:16-18](#)