Survey of My Prayer Life

1. What place does prayer have in your life?

I usually pray…

____every day ____when the mood strikes me
____when I need something ____often, but not every day
____only when I am with a group of people
_____at times like_____

The word that best characterizes how I feel about prayer is…

____anxious ____content ____uncertain
____satisfied ____bored ____involved

2. When can you pray?

I'd say the pace of my life is…

____hectic ____average ____slow ____mixed ____easy

Work is more important than prayer…

____true ____false

The relationship between my work and my prayer is…

____there is no relationship ____I can't work if I don't pray
____prayer is at the heart of my work ____prayer helps my work
____prayer is something I do after all my work is finished

3. How do you pray best?

I feel closest to God…

____when I'm outside ____when I am in church ____when I listen to music

____when I see something beautiful ____when I'm running

____when I_____

When I pray, I usually…

____say a formal prayer, such as the Lord's Prayer ____sing
____read a devotional book ____meditate ____go to church

The best time for me to pray is…
____early in the morning ____during the day ____at night ____on Sunday

4. Who is a prayerful person?

In this list of characteristics, circle the five that best describe your image of a prayerful person.

Stern	Disciplined	"Holier-than-thou"	Solemn
Patient	Joyful	Concerned	Preachy
Simple	Righteous	Relaxed	Intense
Gentle	Peaceful	Contented	Pious
Sensitive	Sad	Free	Catholic

Look at the list again and put an X through the characteristics that best describe you.

5. What can you do to be more prayerful?

Describe what you want your life of prayer to be like.

In order to have a good prayer life, I need to…
____learn to meditate ____go on a retreat ____set aside time to pray
____find a better place to pray ____join a prayer group
____get a spiritual director ___get a recording of good hymns
____other _____

Choose one thing that you will start doing today to improve your prayer life.
Write down here what that will be.

Prayer Reflection Questions

1. As you look at your answers, do you feel that you have made the space in your life for prayer? Do you want to change your attitude toward prayer?

2. Many spiritual writers remind us that prayer isn't just the times we set aside to be with God, but it is a part of all we do. Is prayer in a compartment of your life, or has it come to change what you do and how you act during the day? Have you also given a special time to pause and focus on prayer?

3. As you look at your answers, see if you have been trying to pray in the ways that are most comfortable to you and at the times that suit you best. Each person needs to come to know what brings him or her closest to God. Have you been trying to pray at times or in ways that are not as familiar or comfortable for you, believing "that's the way I should pray?" Have you been honest with yourself about what brings you closest to God?

4. Are you the prayerful person that you have described? If not, what do you think needs to be changed in yourself or in your image of a person of prayer?

5. What do you need to change to have the prayer life you desire?