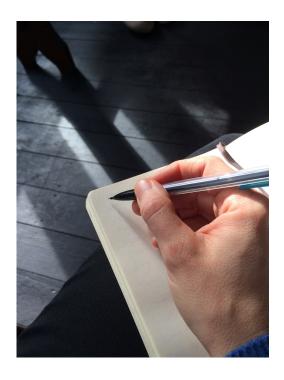
Review of Prayer







It can be helpful to keep a notebook in which you jot down a short review of your prayer time. The main purpose of this is:

It helps to remind you of striking feelings and themes in one prayer time which you may want to return to. It also acts as a guide for the main points you may wish to share with a spiritual companion.

What to do:

After the prayer time take five minutes or so to reflect on the experience, jotting down some reminders under the following headings:

- 1. The 'warm spots' feelings, thoughts bringing some sense of God's closeness e.g. peace, trust, hope, love...
- 2. Any feelings or thoughts that felt negative, disturbing etc. and may have brought a sense of distance from God. These are often springboards for growth if you can own them and pray with them.

In a further prayer time or 'repetition', always begin by returning to the 'warm spots' and then ask God to enlighten and teach you through the feelings of distance and disturbance.

Front cover image: S Carlsson

