

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.

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