

# *Prayer Course from Catholic Sprouts*

## Journal Reflection Questions

### **Module 1: Understanding Prayer**

#### **Video 1: Why do we need to pray?**

1. Honestly assess your current prayer life. Is it healthy? Is it consistent and life-giving?
2. What is your relationship with God like? Do you feel like you know Him, and you allow Him to know you?

#### **Video 2: What is prayer?**

1. How am I opening myself up to God?
2. What is holding me back from encountering God every moment of my life?

### **Module 2: Prayerfulness**

#### **Video 3: Characteristics of Prayerfulness**

1. When will I set up an “appointment” for daily prayer with God?
2. Where will I set up a small “chapel” that I can use daily for my prayer time?

#### **Video 4: The Fruit of Prayer**

1. What fruits of prayer have I experienced in the past?
2. What is keeping me from experiencing the fruits of prayer now? Am I open to them? Do I quiet my mind and soul to receive them? Do I spend enough time with God?

### **Module 3: Prayer and the Cardinal Virtues**

#### **Video 5: Prayer and Faithfulness**

1. Praying is an act of faith. Each time I sit down to pray, by simply doing that, what am I professing to believe?

#### **Video 6: Prayer and Hope**

1. Praying is an act of hope. What is the link between hope and humility?

#### **Video 7: Prayer and Love**

1. How well am I doing at loving God? What can I do to improve the way I love Him?

### **Module 4: Methods of Prayer**

#### **Video 8: Praying Through Creation**

1. Write about a powerful encounter you had with God in nature.

#### **Video 9: Praying Through Scripture**

1. What role does Scripture play in your prayer life?

2. Do you need to spend more time with Scripture? How do you plan to do this?

#### **Video 10: Praying Through Recited Prayers**

1. What role do recited prayers play in your prayer life?
2. What do you struggle with when it comes to recited prayers? Does it feel prayerful? Do you understand the reason behind recited prayers?

#### **Video 11: Praying Through the Silence**

1. How good am I at focusing on God, in the silence?
2. Why is the name of Jesus so powerful?

#### **Video 12: Praying Through Work**

1. Are you able to pray while you work? Does that seem possible?
2. Think about specific jobs you are called to do each day. How can you turn this job into a prayer?

### **Module 5: Prayer Struggles**

#### **Video 13: Common Prayer Struggles**

1. Of all the struggles listed in this video, which is my biggest struggle?
2. What tools do I know have to address this struggle?

### **Module 6: A Prayer Routine**

#### **Video 14: Creating a Prayer Routine**

Take time to draft out your prayer routine!

Remember:

- Pick a specific time and place.
- Start simple.
- Pray that God give you the grace to stick with it!