

ESG Prayer Worksheet Handout for Groups

This sheet is for personal prayer use at home.

When will I pray? _____ **How long will I pray?** _____

Where will I pray? _____

What will I bring? _____

Suggestions – Bible, Daily Devotional, Journal or Log book, Daily Planner or notebook to write down To-do's, Rosary, Pen, List of Intentions.

Elements of Personal Prayer:

From the *Following Christ Participant Guide* and *The Four Signs of a Dynamic Catholic* by Matthew Kelly and Videos with Fr. Mark Touns

1. **Pause for 60 seconds**, raise your consciousness up to God, and consider how God beholds you and rest in His gaze.
2. **Give Thanks and Praise to God** - Begin by thanking God in a personal dialogue for whatever you are most grateful for today.
3. **Listen to God in Scripture** – Read scripture or devotional slowly. Meditate on the words that speak to you. Write important scriptures down in your journal.
4. **Confessing our sins to God** – Submission leads us to understand His desires for our lives. Ask God to forgive you for any wrong you have committed (against yourself, another person, or Him) and to fill you with a deep and abiding peace.
5. **Petition and Intercession** – Pray for your needs and those of others. Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.
6. **Our Response and Resolution** – What does He want you to do? Speak with God about how He is inviting you to change your life, so that you can become the-best-version-of-yourself. Decide how to implement what He is asking of you. Thank God for speaking to you.

Additional suggestions for Personal Prayer:

Revisit the times in the past twenty-four hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them. Especially consider significant moments from the last twenty-four hours. Identify those events (or persons) you experienced and explore what God might be trying to say to you.

Links to online resources:

<http://www.usccb.org/bible/> - Daily scripture readings

<http://wau.org/meditations/current> - Meditations for the daily scripture readings