

Journal Review of Prayer

After finishing your prayer, it is helpful to make a review and record a few things in a journal to help you retain the graces and remember the ways the Lord has worked in your prayer. These are helpful for spiritual direction conversations.

1. Record the details of the prayer time:

- Write the day and time of the prayer and the reference or key points from the Scripture passage.
- Note how you started, how were you feeling, how did you prepare yourself for prayer? (*For example: my heart is ___*)
- Write down the grace desired

2. Reflect upon what you experienced:

a. Any ideas, thoughts, or questions come to mind?

- *Did any of them assume greater importance during your prayer?*

b. Any feelings, emotions, or desires, especially strong ones?

- *How would you describe them?*
Peaceful, creative, holy, energizing, joyful?
Disturbing, angry confusing, fearful?
Flat, dry, boring, empty of feeling?
- *Did you experience any increase/decrease in faith (trust), hope or love of God?*

c. Did any specific words or phrases stand out to you?

d. How did you experience God during your prayer?

- *Did He feel close or distant?*
- *Did you feel His love or protection or care?*
- *Did you feel anything towards Him?*
- *Did you feel affirmed in your relationship with God or did something make you doubt?*

e. Were there any indications or clues as to where He is calling you to change or things to do?

- *Attitude, Behavior, Activity, Ministry Perspective*