

## Prayer Inventory

How often do I pray?

- many times daily
- at least once daily
- frequently, but not daily
- once a week
- when I am moved to do so
- when I have a need or crisis
- I don't pray
- other \_\_\_\_\_

My feelings about prayer - check all that apply

- |   |  |
|---|--|
| <input type="checkbox"/> excited        | <input type="checkbox"/> it's satisfying |
| <input type="checkbox"/> bored          | <input type="checkbox"/> it's my duty    |
| <input type="checkbox"/> fearful        | <input type="checkbox"/> mysterious      |
| <input type="checkbox"/> joyous         | <input type="checkbox"/> confused        |
| <input type="checkbox"/> it's difficult | <input type="checkbox"/> awed            |
| <input type="checkbox"/> it's necessary |  |
| <input type="checkbox"/> other _____    |  |

When do I pray? - check all that apply

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> when I wake up   | <input type="checkbox"/> on Sundays   |
| <input type="checkbox"/> early in the day | <input type="checkbox"/> at any time  |
| <input type="checkbox"/> during the day   | <input type="checkbox"/> at night     |
| <input type="checkbox"/> just before bed  | <input type="checkbox"/> I don't pray |
| <input type="checkbox"/> other _____      |                                       |

Where do I pray? - check all that apply

- at a special place at home or work
- in the garden or someplace outside
- in the car
- at church
- wherever I am
- I don't pray
- other \_\_\_\_\_

On average, how much time do I spend in prayer?

- 30 minutes or more daily
- 15 minutes or more daily
- 5 minutes or more daily
- more than 30 minutes weekly
- more than 15 minutes weekly
- I don't pray
- other \_\_\_\_\_

What do I pray about? - check all that apply

- my needs
- the needs of others
- thanks to God
- praise of God
- growing in faithfulness to God
- the needs of the world
- I don't pray
- other \_\_\_\_\_
- confession of my sins
- guidance
- guilt or fear

How do I pray? - check all that apply

- memorized prayer
- extemporaneous prayer
- reading from a book of prayers
- contemplative prayer
- meditation
- in silence
- with recorded music
- with recorded meditations
- with prayer beads or a rosary
- with an icon or visual image
- with a mantra or repeated words
- by singing or playing an instrument
- by doing a craft or art
- by writing
- by walking
- by doing yoga, tai chi or other movement
- arrow prayers for immediate needs
- listening
- Scripture prayer
- through worship in church
- alone
- with family members
- with a prayer partner
- with a prayer group
- I don't pray
- other \_\_\_\_\_

Reasons I pray - check all that apply

- |  |   |
|--|---|
| <input type="checkbox"/> to converse with God              | <input type="checkbox"/> it's useful      |
| <input type="checkbox"/> to listen to God                  | <input type="checkbox"/> I enjoy it       |
| <input type="checkbox"/> to discern God's will             | <input type="checkbox"/> others do it     |
| <input type="checkbox"/> to be open to God's love          | <input type="checkbox"/> God tells us to  |
| <input type="checkbox"/> to feel calm and peaceful         | <input type="checkbox"/> out of fear      |
| <input type="checkbox"/> to be strengthened for daily life | <input type="checkbox"/> it's my duty     |
| <input type="checkbox"/> to help others                    | <input type="checkbox"/> it's fulfilling  |
| <input type="checkbox"/> other _____                       | <input type="checkbox"/> I don't know why |
|  | <input type="checkbox"/> I don't pray     |

Results of my prayer - check all that apply

- I feel close to God
- God gives me guidance
- Spiritual refreshment
- God answers
- I feel peace
- uncertain
- mixed
- confusing
- I am not aware of God's answer
- other \_\_\_\_\_

## Other Questions

Do I have a Rule of Prayer? \_\_\_\_\_

Am I in a prayer group? \_\_\_\_\_

Do I have a prayer partner, soul friend or  
Spiritual Director? \_\_\_\_\_

Do I regularly give thanks at meals at home?  
In restaurants? \_\_\_\_\_

Do I pray with my spouse? \_\_\_\_\_

Do I pray with my children? \_\_\_\_\_

Do I keep a prayer journal? \_\_\_\_\_

## My reflections on my prayer life

How would I describe my present prayer life?

How satisfied am I with my prayer life?

What would I like my prayer life to be?

What blocks me from having the prayer life I would like to have?

What would I like to learn to strengthen my life of prayer?

What do I need to change to strengthen my life of prayer?

What support or resources do I need to strengthen my life of prayer?

What commitments will I make in order to grow in prayer?