

# Dare to be Catholic

## Deeper Prayer Life Worksheet

**What type of prayer are you being called to work on?**

Morning devotional

Evening prayers/self-examin

Structured prayer (i.e. rosary, divine mercy, pieta prayers, Liturgy of the Hours etc.)

Prayer of gratitude (instead of just asking for things all the time)

Prayers of petition (asking for what we need including forgiveness)

Praying on your knees

Praying with others (i.e. your husband, your children, your friends... and yes I mean out loud prayers)

Prayers in a Holy place (i.e. before/after Mass, at Adoration, at the Stations of the Cross etc.)

Other:

**Make a specific goal about prayer (i.e. I will wake up 15 minutes early to add Morning Prayers to my routine)**

**Tips: Pick a time/day for your goal, set a time limit, choose a place to pray, choose a tool if you need to (rosary, prayer book etc.)**


**What obstacles are in your way or may pop up to keep you from working on this type of prayer? (list as many as you can think of)**


**For each of your obstacles, identify a strategy to overcome it (i.e. I forget - I will put a scripture in the kitchen and the bathroom as a reminder, my children keep interrupting me - I will create a visual sign like a hat or sunglasses that mean you cannot disturb mommy while she is praying)**
