

# Prayer - Questions

These questions are designed to help you reflect on your current experience with **Prayer**. When used across all the themes in this audit, your answers will help guide you in identifying themes you are most ready to work on, based on their importance and relevance to you and on your current desire and ability to work on them. Your answers are private, for you alone. There is no judgment based on your answers. Because your answers will help guide your future work, we encourage you to answer honestly based on your true experience, without concern for how others might respond or how your answers might seem to others. Everyone's responses reflect their own unique experiences, which are important to guide your personal growth moving forward. Therefore, all answers are valid.

Theme definition: **“Prayer” is the quality of taking time to interact with God, in word, song, or silence, to praise, thank, worship, adore, petition, contemplate, listen to, or just be with God.**

Relevant situations and opposites: Indifference, superstition

After answering question 1, for each statement, select the response that best reflects your current experience. Unless noted otherwise, '1' means 'strongly agree' and '5' means 'strongly disagree'.

We recommend entering into prayer to do these self-reflections. We invite you to do whatever is necessary for you to be comfortable and free from distractions. We offer the following prayer, but feel free to use your own words:

Come, Holy Spirit, help me see myself as You see me, and love myself as You love me. Help me to see You as a God who desires to make me holy, perfect, and merciful, so I may share in your blessed life. Help me to exercise my will towards this value of Prayer.

1. How frequently do you encounter situations in which Prayer is relevant to you?

1 = daily | 2 = weekly | 3 = monthly | 4 = yearly | 5 = not much

2. I desire to embody the behaviors described by this definition of Prayer.

1 = strongly agree | 2 = agree | 3 = neutral | 4 = disagree | 5 = strongly disagree

3. I am currently willing to invest time and effort into working on Prayer.

1 = strongly agree | 2 = agree | 3 = neutral | 4 = disagree | 5 = strongly disagree

4. I have a sense that God is calling me to work on my Prayer.

1 = strongly agree | 2 = agree | 3 = neutral | 4 = disagree | 5 = strongly disagree

5. I believe I am doing a good job embodying behaviors described by this definition of Prayer.

1 = strongly agree | 2 = agree | 3 = neutral | 4 = disagree | 5 = strongly disagree

6. I have personal examples of times when I acted in ways that reflect this definition of Prayer.

1 = strongly agree | 2 = agree | 3 = neutral | 4 = disagree | 5 = strongly disagree

7. I can think of other people who have successfully acted in ways that reflect this value of Prayer.

1 = strongly agree | 2 = agree | 3 = neutral | 4 = disagree | 5 = strongly disagree

8. I have someone whom I can turn to for encouragement if I choose to work on my Prayer.

1 = strongly agree | 2 = agree | 3 = neutral | 4 = disagree | 5 = strongly disagree

9. Thinking about Prayer brings up emotional discomfort or difficult memories.

*Note: for this question, 1 = strongly disagree and 5 = strongly agree*

1 = strongly disagree | 2 = disagree | 3 = neutral | 4 = agree | 5 = strongly agree

10. I feel confident in my ability to remain emotionally balanced when I think about Prayer.

1 = strongly agree | 2 = agree | 3 = neutral | 4 = disagree | 5 = strongly disagree

11. I feel confident in my ability to work on Prayer and make meaningful changes.

1 = strongly agree | 2 = agree | 3 = neutral | 4 = disagree | 5 = strongly disagree

12. I feel ready to consider professional help with respect to my prayer life. If any response to questions #6 through #11 is a '4' or '5', select 2, 3, 4, or 5. Otherwise, select '1'.

1 = not applicable | 2 = strongly agree | 3 = agree | 4 = disagree | 5 = strongly disagree

13. (if applicable) As a Catholic, or soon-to-be Catholic, I am ready to consider my Prayer to prepare for confession.

1 = strongly agree | 2 = agree | 3 = neutral | 4 = disagree | 5 = strongly disagree

14. (if applicable) As a Christian, I would like to have others pray for me with respect to my ability to pray.

1 = strongly agree | 2 = agree | 3 = neutral | 4 = disagree | 5 = strongly disagree

15. If you are ready to consider bringing your prayer life to confession (you answered 1 or 2 to question 13), consider: Are there times when you chose to avoid prayer? Are there times you used prayer to request satisfaction of your desires? Are there times when your prayer was a form of superstition?

---

---

---

---

---