



My Prayer Plan

What time of day might work best for me to spend some intentional time with God?

Where might be a place where I can spend this prayer time? Perhaps it's a comfy chair, a small desk, someplace outside, in my car.

Is there something I can do to make this prayer space more special and sacred? Perhaps by lighting a candle, playing quiet music, bringing a cup of coffee or tea.

Knowing that there are many ways I can communicate with God, what style of prayer might I try this week? Some examples: Free-flowing conversation, Prayer Journaling, Praying the Examen, Praying the Rosary, Praying with Scripture. (*The Nurturing Seedlings Parent Portal will describe these and other styles of prayer.*)