

## **Prayer REFLECTION for WRITING/JOURNALING**

**NAME:**

**Teacher:**

This month you spent time writing/journaling. each night. Because this isn't something easily shared and also private to your heart, answer honestly the following questions. (If you did the 5 prayer types each night, you could give some samples of that.)

You obviously chose this experience because you like something about it.

**HOW did doing something you like HELP you, as a teen, to feel better each day?**

The point of the experience was to bring GOD/JESUS into life more personally each day.

- 1. Share how you felt BEFORE you would pray through writing each day and how you felt AFTER you stopped for a given day.**
- 2. Overall, how do you feel this experience helped you feel closer to Jesus?**
- 3. You might have been praying for people in your journal. Did you feel/see any difference from that prayer?**
- 4. If you chose to journal about Scripture verses, please share a few of your favorite verses and why they "leaped off the page" to your heart and tell me why/how it helped you.**

***You will turn in your TYPED reflection that covers ALL of the points on this page (including name and teacher) TO your catechist ON the due date.***

***OR, if it is easier, email them to Ms. Julie: [JHDRE@stanneparish.com](mailto:JHDRE@stanneparish.com)***

**Please do email subject line as: "your last name" + month + Prayer Reflection**

***example: Krakora October Writing Reflection***