

Prayer REFLECTION for MOVEMENT/NATURE

NAME:

Teacher:

This month you spent time purposefully bring God/Jesus into your activity by walking, running, or some other activity, or by honoring and loving God through His creation.

The only proof of prayer is how you feel now.

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

HOW did doing something you chose 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 night.

- 1. Share how you felt BEFORE you would pray in movement each day and how you felt AFTER you stopped for a given day.**
- 2. Was it easy or hard to remember to bring God into your time while doing something active? What was your mantra to keep you focused?**
- 3. Rate yourself on how well you did with this experience: committed to activity and present to God all the time? Committed to activity and present to God part of the time? Or, focused on activity and forgot to bring God in my heart most of the time?**
- 4. If you spent time outside in nature. Talk about what most drew your attention and why? Include how you saw God in that experience/object.**
- 5. Overall, how do you feel this experience helped you feel closer to Jesus?**

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

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