

Prayer REFLECTION for QUIET PRAYER

NAME:

Teacher:

This month you spent time each day contemplating God in quiet and asking God to *speak to you* silence. 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 day.

- 1. Share how you felt BEFORE you would pray through your quiet time each day and how you felt AFTER you stopped for a given day.**
- 2. Was it easy to be silent? What most distracted you?**
- 3. What phrases helped you refocus your time with God?**
- 4. If you did the outdoor option, which things in God's creation drew your attention and how did it help?**
- 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 Quiet Reflection***