

A religious painting depicting a scene with several figures, including a woman in a white and black veil, and children. The scene is set in a dark, dramatic environment with strong highlights on the figures' faces and clothing.

# Prayer Check-In Guide

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*“Mental prayer is nothing else, in my opinion, but being on terms of friendship with God, frequently conversing in secret with him who we know loves us.”*

ST. TERESA OF AVILA

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## How is your friendship with God?

Remembering that the 3 keys to growing in a prayer life are consistency, quiet and simple, let's talk about how each one of those are going!

1

**Consistency** – How has your prayer commitment gone so far? What would you like to commit to in terms of time and place?

2

**Quiet** – Have you been able to share honestly what is on your heart with God? Remember, our thoughts become prayer when we tell them to God!

3

**Simple** – How did you engage with scripture in your prayer time? What resolutions have come from this? Remember, we want our prayer to transform our whole life!

## Praying with Scripture

Do you have any questions on how to pray Lectio Divina? As you've been praying with scripture through the prayer dare, what scriptures have you been drawn to?

