

# How Comfortable Am I Praying with Others?

Use the inventory below to examine your comfort in praying with others. Consider how you might move through these stages to increase your comfort. Use the Lenten challenge at the end of these inventories to commit to enhancing your prayer life.

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## Stage 1

- I don't pray with anyone else.
- I only pray before meals with others.

## Stage 2

- I pray before meals with my family in my home.
- I have prayed scripted prayers (Our Father, Hail Mary, Glory Be's) with my spouse before.
- I have prayed scripted prayers with my kids before.
- I have prayed scripted prayers with other family members before.

## Stage 3

*All the above and....*

- I pray scripted prayers with my significant other regularly.
- I pray scripted prayers with my kids regularly.
- I pray scripted prayers with other family members regularly.

## Stage 4

*All of the above and....*

- I pray before meals with my family in my home and at restaurants.
- I pray unscripted prayers with my significant other.
- I pray unscripted prayers with my kids.
- I pray unscripted prayers with other family members.

## Stage 5

*All of the above and....*

- I pray scripted prayers with friends
- I pray unscripted prayers with friends.

## Stage 6

*All of the above and....*

- I pray scripted prayers with acquaintances or co-workers.
- I pray unscripted prayers with acquaintances or co-workers.

## Stage 7

*All of the above and....*

- I will pray with strangers.

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## Prayer Life Inventory

Use the inventory below to examine how prayer is incorporated into your life.

### When Do I Pray?

- |   |   |
|---|---|
| <input type="checkbox"/> When I first wake in the morning | <input type="checkbox"/> On Sundays                     |
| <input type="checkbox"/> Fairly early in the morning      | <input type="checkbox"/> At no regular time             |
| <input type="checkbox"/> During the day                   | <input type="checkbox"/> When someone asks              |
| <input type="checkbox"/> At night                         | <input type="checkbox"/> On the spot, when someone asks |
| <input type="checkbox"/> Just before going to bed         | <input type="checkbox"/> Other _____                    |



### **Where do I normally pray?**

- At home
- At work
- No particular place
- Home chapel/prayer corner
- In my car
- Wherever I am
- At restaurants
- On the spot, when asked, wherever we are

### **How do I pray?**

- Formal prayers from memory
- Extemporaneous prayers
- Contemplation
- Conversational prayer with others
- Singing
- Meditation
- Attending Mass
- By listening
- Eucharistic Adoration
- Rosary
- Stations of the Cross
- In Nature
- Novenas
- Divine Mercy Chaplet
- Liturgy of the Hours
- Christian radio
- Praying with/Reading the Bible
- Praying with a favorite Saint
- Use a devotional
- Novenas
- Using nature

### **With whom do I pray?**

- My significant other
- My children
- My friends
- My co-workers
- My small group
- My spiritual director
- My prayer partner
- Strangers

### **How often do I pray?**

- Many times a day
- At least every day
- Frequently, but not every day
- When I am so moved
- When I face a crisis or have a need
- Right when someone asks me to
- Always without ceasing

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## **“How Can I Pray for You?” Lenten Commitment**

*After examining my prayer life using the inventory above, I will commit to (choose from below) the following actions this Lent:*

Move to Stage \_\_\_\_\_ (choose number) in my comfort in prayer

I will aim to pray this often during Lent: \_\_\_\_\_

I will try this/these new forms of prayer: \_\_\_\_\_

I will incorporate these new people into my prayer life: \_\_\_\_\_

I will begin praying in these places: \_\_\_\_\_

I will memorize these Catholic prayers: \_\_\_\_\_

I will utilize the “How Can I Pray for You” tools to increase my prayer life.

I will take advantage of the many different ways to pray at St. Elizabeth Seton