

PRAYER EXPERIENCE REFLECTION

First and last name: _____

Date of prayer experience: _____

What type of prayer experience did you participate in?

- Lectio Divina
- Eucharistic Adoration
- Divine Mercy Chaplet
- Stations of the Cross
- Rosary
- Ignatian Examine

Before the prayer experience I felt:

____ sad ____ happy ____ anxious ____ angry ____ calm ____ nervous other: _____

During the prayer experience I felt: _____

After the prayer experience I felt: _____

**Thinking about your prayer experience;
select all statements that are true about this
particular experience:**

- I felt better after that prayer.
- I have a sense of peace.
- I realized something that God wants me to do.
- I feel like God revealed something to me.
- I felt God's presence.
- I enjoyed that experience.
- I don't feel any different.
- I feel like I grew closer to God.
- Other: _____

How would you describe your prayer experience to a friend?

**"DO NOT BE ANXIOUS ABOUT ANYTHING,
BUT IN EVERYTHING BY PRAYER AND
PLEADING WITH THANKSGIVING LET YOUR
REQUESTS BE MADE KNOWN TO GOD."**

-PHILLIPIANS 4:6

*Note: All prayer experiences are different. Sometimes God reveals something to us or we feel His presence, and other times we feel nothing after prayer. Remember that either way God hears you, and no prayer is wasted because all prayer is pleasing to God's heart and nourishes our soul.

Teen Signature: _____

Parent Signature: _____

