

Prayer of Examen Worksheet

The Prayer of Examen is a spiritual practice to reflect on your day with God. Use this worksheet to guide you through each step, either in writing or quiet reflection.

1. Become aware of God's presence

- Pause and take a few deep breaths.
- Invite God to be with you as you review your day.
- How do you sense God's presence right now?

2. Review the day with gratitude

- What are you grateful for today?
- List moments, people, or experiences that brought you joy or comfort.

3. Pay attention to your emotions

- What feelings did you experience today (joy, anger, frustration, peace, etc.)?
- When did you feel closest to God?
- When did you feel furthest from God?

4. Choose one significant moment

- Recall a moment from today that stands out.
- Why does this moment feel important?
- How did you respond in that moment?

5. Look toward tomorrow

- What do you hope for as you enter a new day?
- Is there something you want to ask God's help for?
- What intention or prayer do you want to carry forward?

Optional Closing Prayer:

"God, thank you for being with me today. Help me to notice your presence tomorrow and to grow in love and awareness. Amen."

Contemplative Prayer Worksheet

Contemplative prayer is a quiet, receptive way of opening oneself to God's presence. Use this worksheet to guide your practice and reflection.

1. Prepare for Prayer

- Find a quiet, comfortable space.
- Sit still, relax, and take a few deep breaths.
- Set an intention for your time with God.

2. Center Yourself

- Choose a sacred word (such as “peace,” “love,” “Jesus,” or “Spirit”) to gently focus your mind.
- Silently repeat your sacred word whenever you notice your thoughts drifting.

3. Rest in God's Presence

- Sit quietly for 5–20 minutes, simply being with God.
- When distractions arise, gently return to your sacred word.
- Let go of expectations—just rest in stillness and openness.

4. Reflect on the Experience

- How did it feel to sit in silence with God?
- Did you sense God's presence or receive any insights?
- What thoughts, feelings, or images arose?

5. Closing and Moving Forward

- Offer a brief prayer of thanks.
- Consider how you might carry this sense of stillness into your day.

Optional Closing Prayer:

“God, thank you for your loving presence. Help me to rest in you and bring your peace into my daily life. Amen.”

Fixed Hour Prayer Worksheet

Fixed hour prayer is a way to pause at set times during the day to pray and re-center on God. Use this worksheet to guide your practice at each scheduled prayer time.

1. Choose Your Prayer Times

- What times will you pause to pray today? (e.g., Morning, Midday, Evening, Night)
- List your chosen times:

2. Opening

- Begin with silence or a centering breath.
- Consider a short opening phrase (e.g., “O God, hear my prayer.”)

3. Scripture or Reading

- Read a short passage from Scripture, Psalms, or a devotional book.
- Note the verse or passage here:

4. Prayer

- Offer your own prayers: praise, thanksgiving, confession, or requests.
- You may use written prayers, such as the Lord’s Prayer, or pray spontaneously.
- Write a brief prayer or reflection:

5. Closing

- End with a blessing or a moment of silence.
 - (Optional) Record any insights or feelings from this time of prayer.
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Example Schedule:

- Morning: 7:00 am
 - Midday: 12:00 pm
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Tips for Fixed Hour Prayer:

- Set reminders or alarms for your prayer times.
 - Keep your worksheet or prayer book handy.
 - Adapt the structure to fit your tradition and needs.
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Use this worksheet daily to bring rhythm and intention to your prayer life.

Breath Prayer Worksheet

A breath prayer is a simple, meditative way to connect with God using your breath and a short phrase. Use this worksheet to guide your practice and foster a sense of calm and spiritual presence.

1. Choose Your Breath Prayer

- Select a short phrase or scripture (6–8 words) to repeat as you breathe. Common examples:
 - “Lord Jesus Christ, have mercy on me.”
 - “Be still and know that I am God.”
 - “Come, Holy Spirit, fill me.”
- Write your chosen breath prayer:

2. Settle Into Silence

- Find a quiet spot. Sit comfortably, close your eyes, and take a few deep breaths.
- Invite God’s presence and let your body relax.

3. Practice Your Breath Prayer

- As you inhale, silently say the first part of your prayer (e.g., “Be still and know...”)
- As you exhale, silently say the second part (e.g., “...that I am God.”)
- Repeat for several minutes, focusing on your breath and the prayer.

4. Reflection

- How did you feel during your breath prayer?
- Did any words, thoughts, or feelings stand out?
- How might you use breath prayer throughout your day?

Tips for Breath Prayer:

- Keep your phrase short and simple.
- Practice for 3–10 minutes or longer as desired.

- Return to your breath prayer whenever you need calm or connection.

Use this worksheet to guide and deepen your breath prayer practice.

Prayer Partners Worksheet

A prayer partner relationship is a way to encourage, support, and pray for one another regularly. Use this worksheet to guide your shared prayer time and deepen your connection.

1. Partner Information

- Name of your prayer partner:
- How often will you meet or connect? (daily, weekly, etc.):

2. Opening Together

- Begin with a moment of silence or a short prayer inviting God's presence.

3. Share Prayer Requests

- Take turns sharing personal needs, concerns, or areas where you seek God's guidance.
- Write down your partner's requests:

4. Offer Encouragement

- Share a scripture, affirmation, or word of encouragement for your partner.
- Note what you shared:

5. Pray for Each Other

- Pray aloud or silently for each other's needs and thank God for answered prayers.
- (Optional) Write a brief prayer for your partner:

6. Follow Up

- How will you check in with each other between meetings?

- Set goals or reminders for follow-up.

7. Reflections

- How did you experience God during your time together?
 - What insights, gratitude, or encouragement do you want to remember?
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Tips for Prayer Partners:

- Be honest and listen actively.
 - Keep each other's requests confidential.
 - Celebrate answered prayers and support one another in challenges.
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Use this worksheet to guide your prayer partnership and record your journey together.