

Anglican Fellowship of Prayer (Canada)

A Prayer Inventory



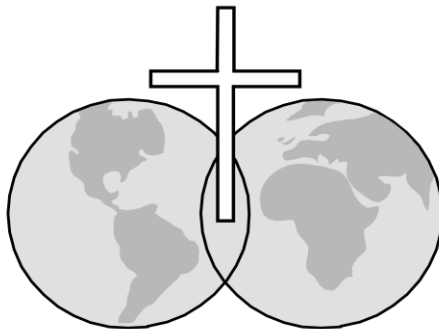
Anglican Fellowship of Prayer Canada
Pamphlet P/G-37 (217)

A Prayer Inventory

Regardless of the way we pray, or how often we pray, God does not want our relationship with Him to stay the same. He desires us to come closer to Him and to grow in our love for Him, for others and for ourselves. It is therefore appropriate that from time to time we “take stock” of how we are communicating with God, and how our relationship is developing.

This pamphlet is intended to provide a resource for us to help us examine our prayer life and determine if there are some ways in which we can change and grow so that our relationship with God will grow more intimate.

Sections 1. through 4. provide questions that may prod us into thinking beyond what we now do, and Section 5. Is intended to be used to record the overall results and to note a commitment to changes we wish to make.



1. What is the place of prayer in your life?

A. Frequency. I usually 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
- only when: _____

B. Length. The average amount of time I spend in prayer is:

- 30 minutes or more a day
- more than 15 minutes a day
- more than 5 minutes a day
- more than 30 minutes a week
- more than 15 minutes a week
- less than any of the above

C. Attitude. I could best describe my feelings about prayer by the words:

- necessary
- satisfying
- exciting
- duty
- joyous
- difficult
- confusing
- mysterious
- boring
- adventure
- ecstatic

2. What are the methods of prayer that you use?

A. When do you pray?

- _____ when I first awaken in the morning
- _____ fairly early in the morning
- _____ during the day
- _____ at night
- _____ just before going to bed
- _____ on Sundays
- _____ at no regular time

B. Where do you normally pray?

- _____ in a special place at home or at work
- _____ no particular place
- _____ in my car
- _____ wherever I am
- _____ other: _____

C. How do you pray? (Feel free to check more than one).

- _____ formal prayers from memory
- _____ extemporaneous prayers
- _____ contemplation
- _____ conversational prayer with others
- _____ singing
- _____ meditation
- _____ “arrow” prayers for urgent needs
- _____ through worship in church
- _____ by listening



3. What is your "theology" of prayer?

(Feel free to check more than one in each group.)

A. The things I pray about are:

- my own needs
- the needs of others
- my gratitude to God
- my worship (praise) of God
- my sins
- for guidance
- the world
- other: _____

B. The reasons I pray are:

- I find it useful
- to converse with God
- I enjoy praying
- other people do it
- God tells us to
- I find it fulfilling
- I don't know why

D. The results of my prayer are:

- I feel close to God
- God gives me direction
- my spirit is renewed
- they are answered
- I am more sensitive to others
- uncertain
- mixed
- confusing
- other: _____

4. How do you incorporate prayer into your life?

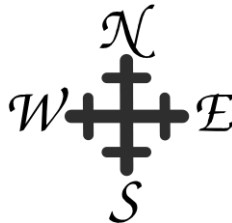
- | | <u>Yes</u> | <u>No</u> |
|--|------------|-----------|
| A. Do you have a “Rule of Prayer”? | _____ | _____ |
| B. Do you have a method or methods of practising the “Presence of God”? | _____ | _____ |
| C. Are you in a Prayer Group? | _____ | _____ |
| D. Do you have a spiritual director or soul friend? | _____ | _____ |
| E. Do you regularly ask God’s blessing at meals, even when you are eating in a restaurant? | _____ | _____ |
| F. Do you and your spouse pray together? | _____ | _____ |
| G. Do you pray with your children?
Act as a spiritual director for them? | _____ | _____ |
| H. Do you have a prayer partner? | _____ | _____ |
| I. Do you keep a prayer journal or have a personal prayer book? | _____ | _____ |

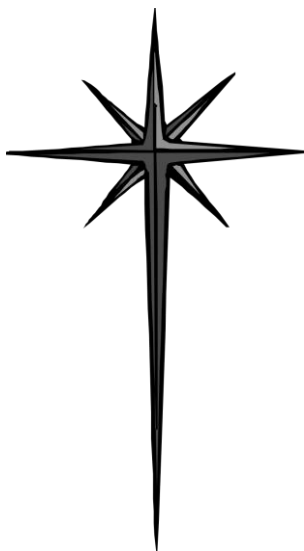
5. What have you learned from this inventory?

A. Having reviewed my answers, I would describe my present prayer life in the following words:

B. I would like my prayer life to be:

C. As a result, I commit myself to:





For further information or pamphlets please contact your AFP Diocesan
Representative for AFP Canada
Internet Web Site: www.anglicanprayer.org.

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 AFP Canada

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