

Reviewing your Prayer



- Become aware of the striking moods and feelings of the prayer time — don't judge or analyse — just notice.
- Note down where the energy seems to be — warm feelings or feelings of possibility, hope, comfort, peace etc. Take time to appreciate, honour, own and relive — letting the essence of it settle in you, affirming and building you up.
- Note down too any feelings which were less comfortable — boredom, anger, fear, anxiety, distance without judging yourself!
- Speak to God about any images or feelings that arise.
- Ask God to show you what these may be indicators of — feelings in themselves are neither right nor wrong but are very helpful indicators of the state of our inner life.

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