

Prayer Journal

Review the Lord's Prayer section of the catechism (page 231-280 in the catechism.)

Put together a daily prayer journal for one month. Start with a blank notebook and then each day write down your prayers. You should end up with at least 30 prayers written in your journal. Here are some ideas of things to put in your journal:

1. Write prayers thanking God for His love and goodness in Christ Jesus.
2. Share with God things that are on your mind. Remember to think of others and yourself.
3. Search the internet for people, places and events to pray for. Write some of these down.
4. Write a note or e-mail to someone telling them that you are praying for him or her, write that prayer in your journal.
5. Write the Lord's Prayer in text language, or write the Lord's prayer in your own words.
6. Choose a Bible verse for each day (the catechism gives you lots of prayer verses).

When you have been keeping your journal for one month; look back and read all of your prayers and thoughts that you have written down. Then write a paragraph or two telling what it was like keeping a prayer journal.

Some ideas of what to write about are:

1. Was keeping the journal difficult or easy? Why?
2. Was it hard to think of a prayer everyday?
3. Will you continue to write in your prayer journal? Why or why not?
4. What good came out of writing your prayer each day?
5. Did you learn anything about prayer?

Note: Prayers are personal and private conversations between you and God. When you turn this project in, we will not ask to read your prayers, only to see that you have completed the assignment. Please plan to turn in your re-cap paper. Papers should be no more than a page long and typed.