



Catholic Central Activity Guide

Episode 41: Prayer

Diving Deeper

- How has your prayer life been lately? Check in with yourself on how your communication in your relationship with God is going, the quality time you've spent with God lately. What areas of your prayer life could use improvement? Focus? Listening? Frequency? Ask God for the grace to pray, or for whatever grace you desire.
- What's one form of prayer you feel "allergic" or resistant to? Talk to God about it and see if there might be an invitation to explore that further.
- What are you most grateful to God for right now? Take a moment and soak in that sense of felt gratitude with God.

Go Forth

- Number a page 1-20 and write down 20 ways to spend time with God. The first 20 things that come to mind. Be creative! These could be anything from wishing on dandelions to sitting quietly in nature somewhere, to going to Adoration. Bonus: Cut each of the 20 things you wrote into strips of paper, place them in a bowl or box, and draw a new one each day and try to create space for that type of prayer that day. Ask God for the grace to spend time with Him that day.
- Whatever you're doing or feeling in a day, try to draw God to mind, to include God in all the events and emotions of your day. Whether it be going grocery shopping with God, or sitting in rush hour traffic with Jesus, or watching Netflix with the Holy Spirit. Our prayer life is our relationship with God, and God wants to be a part of everything we do, so that we can grow in intimacy and closeness with Him.



Resources

- [Pray As You Go: Prayer Tools](#)
- [Katie Prejean McGrady on Prayer](#)
- [Fr. Richard Rohr: What is Contemplative Prayer?](#)

