

REVIEWING YOUR PRAYER

Prayer does not end when the period of silence is over. Taking a few minutes to review your prayer helps you become more attentive to God's presence and action in your life. The purpose is not to decide whether the prayer was "good" or "bad," but to notice how God was at work, how you responded, and what He may be inviting you to in the future.

Over time, this practice develops greater self-awareness, deepens discernment, and prepares you to enter your next time of prayer with greater openness and freedom.

I. Prepare to Review

When your prayer has ended, make a simple transition before beginning the review. Stand up, stretch, take a short walk, or have a glass of water. Then return to a quiet place and spend five to ten minutes looking back over your prayer.

Begin by asking the Holy Spirit: *Lord, help me to recognize what You want me to notice from this time of prayer.*

II. Recall Your Prayer

Begin by remembering how you entered into prayer. Reflect on questions such as:

- What method of prayer did I use today (Scripture, silence, meditation, spontaneous prayer, etc.)?
- What grace or intention did I bring before the Lord?
- How did I feel as I began my prayer?

This helps you understand the context in which God met you.

III. Notice the Interior Movements

Rather than judging your prayer, pay attention to what happened within you. Ask yourself:

- Where did I experience peace, joy, hope, gratitude, or freedom?
- Was there a word, phrase, image, or insight that stayed with me?
- When did I feel particularly close to God?
- What gave me life, energy, or deeper faith?

These moments often reveal where the Holy Spirit is gently leading you.

Also notice:

- Where did I experience distraction, resistance, fear, discouragement, or restlessness?
- What seemed to drain my peace or draw me away from God?
- Was there something I avoided or found difficult to face?

These movements are also valuable because they help identify areas needing further prayer and discernment.

IV. Listen to the Conversation with God

If your prayer became a dialogue with God, reflect on it.

Consider:

- What did I say to God?
- How did God seem to respond?
- Was His response experienced through Scripture, silence, an interior conviction, a feeling of peace, or another way?

Sometimes God's response is clear; at other times it is subtle. Both deserve attentive listening.

V. Discern God's Invitation

Prayer always invites us toward deeper conversion and mission. Reflect:

- What is God inviting me to today?
- Is there an attitude, relationship, or decision that needs attention?
- Is there any "unfinished business" that I should bring back into my next prayer?

If the same invitation keeps returning over several days, it may deserve deeper discernment or discussion with a spiritual guide.

VI. Connect Prayer with Daily Life

Authentic prayer bears fruit in daily living. Ask yourself:

- How will today's prayer influence the way I live today?
- Is God inviting me to love someone more generously?
- What concrete step can I take today in response to this prayer?

Missionary discipleship grows when contemplation naturally flows into action.

VII. Keep a Prayer Journal

A simple journal helps you recognize how God gradually leads you over time. After each review, write a few brief notes under these four headings:

Reflection	Notes
God's gift today	What grace or insight did I receive?
My response	How did I respond to God?
What challenged me	What distracted or resisted God's action?
What I will bring into tomorrow's prayer	What remains unfinished or deserves further prayer?

From time to time, read previous entries. You may discover recurring themes, invitations, or areas of growth that were not obvious day by day.

VIII. Common Mistakes to Avoid

Avoid these common misunderstandings:

- Judging prayer as simply "good" or "bad."
- Expecting strong emotions every time.
- Becoming discouraged by distractions or dryness.
- Trying to analyse every detail instead of noticing God's gentle movements.

- Forgetting to connect prayer with daily life.

Remember that even quiet, dry, or difficult prayer can be deeply fruitful.

IX. Guidance for Formators

Help formandi understand that reviewing prayer is not an examination of performance but an exercise in spiritual attentiveness. Encourage them to:

- notice God's initiative before focusing on their own efforts;
- recognize recurring spiritual movements over time;
- distinguish moments of consolation and desolation without fear;
- keep a simple prayer journal;
- share significant experiences during spiritual accompaniment when appropriate.

Above all, reassure them that God often works quietly and patiently. The goal is not extraordinary experiences but growing familiarity with God's faithful presence.

X. Weekly Reflection

At the end of each week, take a few minutes to reflect:

- What recurring invitation has God been giving me this week?
- When did I experience the deepest peace in prayer?
- What recurring distractions or resistances have I noticed?
- How has my prayer influenced my relationships and ministry?
- What grace do I want to ask for in the coming week?

XI. Conclusion

End your review with a brief prayer of gratitude.

Lord, thank You for meeting me in this time of prayer. I entrust to You everything I have experienced—the moments of light, the questions that remain, and the areas where I still struggle. Help me to recognize Your presence more clearly, respond more generously to Your grace, and carry today's prayer into my life and mission. Amen.

Remember: Reviewing prayer is not about evaluating success but about becoming increasingly attentive to God's presence. As this practice becomes a daily habit, it gradually forms a contemplative missionary who listens deeply, discerns wisely, and responds generously to the movements of the Holy Spirit.