

PRAYER COMMITMENT CHECK LIST

- The best time of day for me to pray is _____, and the goal is to pray every day at _____ am / pm.
- The best place for me to pray is _____.
- The place I will pray is free from distractions, has a Bible for daily missal/devotional with the Mass readings, my journal, and a sacred image (in case it's hard to keep my eyes closed), plus a chair or kneeler where I can remain still for the duration.
- How I will pray with Scriptures during this time is _____.
- I will pray for _____ minutes, and I will journal for up to 5 minutes afterwards.
- I will "come to quiet" before praying by _____. (Examples: walking, deep breaths, classical/sacred music, the Jesus Prayer, or other good option).
- I will only make a change to my prayer commitment when in spiritual consultation and with the help of a wise spiritual guide; never in time of spiritual desolation.
- My best suitable penance is _____. (Examples: leaving work on time, cutting entertainment/phone time in half, changing my diet/exercising to have more energy, fasting from radio in the car, resisting impulse purchases, or other – c.f. List of Suitable Pences half-sheet.)
- My commitment to the Sacrament of Reconciliation is _____.
- I will use _____ to help me learn the Examen prayer, and I will pray it midday/evening/both for _____ (5-15) minutes.
- I marked my calendar 4-6 weeks from now to re-read this commitment & check progress.

N.B. An easy guide to the Examen prayer & guide to the Sacrament of Reconciliation (with Examination of Conscience) can be found at www.thelightison.org