My Prayer Life

**Prayer** in the **Hebrew Bible** is an evolving **means** of interacting with **God**, most frequently through a spontaneous, individual, unorganized, organized form of communication or conversation with God petitioning and/or thanking. **Prayer** can be spoken, silent (no talking), or in a song. It can be used to praise God or to ask for something including help and forgiveness. Prayer requires the faith to believe that God listens, and that my prayers matter.

|  |
| --- |
| Never Sometimes Half of the Time Most of the Time Always |
| 0 1 2 3 4 5 6 7 8 9 10 |

I have a strong sense of prayer in my life.

I have an active prayer life that is a regular part of my life. \_\_\_\_\_\_

I am satisfied with my prayer life. \_\_\_\_\_\_

I feel well connected to God’s community and feel supported by them in my prayer life. \_\_\_\_\_\_

I pray on a regular basis. \_\_\_\_\_\_

The way I pray is consistent with my faith and values. \_\_\_\_\_\_

I use prayer as a means of showing gratitude for the many blessings in my life. \_\_\_\_\_\_

I use prayer to ask for God’s forgiveness. \_\_\_\_\_\_

I use prayer for God’s guidance. \_\_\_\_\_\_

I am comfortable praying with others. \_\_\_\_\_\_

TOTAL \_\_\_\_\_\_