

The Appointment with God Worksheet

CCC 2697 - *“Prayer is the life of the new heart. It ought to animate us at every moment. But we tend to forget him who is our life and our all. This is why the Fathers of the spiritual life in the Deuteronomic and prophetic traditions insist that prayer is a remembrance of God often awakened by the memory of the heart: ‘We must remember God more often than we draw breath.’ But we cannot pray “at all times” if we do not pray at specific times, consciously willing it.”*

When making an appointment, you know who the appointment is with, when, where, and for approximately how long the appointment will last. You also typically know the content of the appointment - what you will be discussing, etc. Let's apply this to prayer:

With whom? **God**

When? If God is most important, he should get the best time of day. During the school year, in general, what is that best time for you to pray? (Be very specific)

Where? (Setting) - a solitary place where you won't be distracted. Where will you pray each day?

How Long? A commitment that will bend, but not break you. What is a reasonable time commitment? (Consider at least 10 minutes at a minimum.)

What will you do with your prayer time?