

HOW TO BUILD YOUR PRAYER LIFE THIS YEAR

Fr. Mark-Mary of the Franciscan Friars of the Renewal

GOAL NUMBER 1:

The first 3 months, January through March

DEVELOP A TASTE FOR PRAYER

- ◆ 20 minutes of prayer a day (10 minutes twice daily) e.g., 10 minutes when you wake up; and 10 minutes when you come home or in the evening
- ◆ 1 visit to the Blessed Sacrament per week
- ◆ Weekly examen – How did I do in achieving these goals? Share with another person.

GOAL NUMBER 2:

The second 3 months, April through June

FORMING A HABIT OF PRAYER

- ◆ 20 minutes of prayer a day (10 minutes twice daily)

BUT, at least 2 times per week, have the 20 minutes of prayer at one time, not broken up. (Stretch your capacity)
- ◆ 2 visits to the Blessed Sacrament per week
- ◆ Weekly examen – How did I do in achieving these goals? Share with another person.

GOAL NUMBER 3:

The third 3 months, July through September

DEVELOP A TASTE FOR SILENCE

- ◆ 30 minutes of prayer a day (10 minutes twice daily) e.g., 20 minute session and a 10 minute session,

BUT, include in this prayer time:
 - 10 minutes of Scripture 3 times per week, AND
 - 10 minutes of silent prayer 5 times per week – from your heart
- ◆ Weekly examen – How did I do in achieving these goals? Share with another person.

GOAL NUMBER 4:

The last 3 months, October through December

FORMING THE HABIT OF LISTENING IN PRAYER

- ◆ 40 minutes of prayer a day (break it up as you wish)

BUT, include in this prayer time:
 - 20 minutes of silent prayer daily – from your heart
 - 40 minutes of prayer with Scripture weekly
- ◆ Weekly examen – How did I do in achieving these goals? Share with another person.