

Many of us these days are confused by why things aren’t going quite right in our lives, or why we don’t feel “right”. More than likely we feel overwhelmed physically and emotionally due to the excessive business and overbooking of our schedules. Take a minute to study the circle chart above. Do you find your “Life in Balance?”

If so, GREAT! If not, this might be your answer:

We take time to eat right, exercise, and see a doctor when we are sick. We go to school to learn and most of the time, get our homework done all in hopes to provide for a “better future.” We communicate and care about others in hopes to nurture and grow in our relationships; and often last on our list, and **IF** we have time we might say a prayer or 2 and **MAYBE** go to Mass.

As Catholics, we are **ALL** called to a life in Christ through our Baptism. Jesus wants **YOU** to know Him and love Him. This makes it essential for us to grow spiritually, and the way we do this, is through the discipline of prayer. Prayer is how we have a relationship with Jesus. In fact, it is the **ONLY** way we will **EVER** experience this relationship that *He so desires with us*.

HCYM is excited to walk with you as your faith grows deeper and your relationship with Jesus grows stronger. Our hope is to offer and teach you a variety of prayer methods. Some you will like, and some, not so much. We do this to give you opportunities to discover which “*way to pray* “best fits **YOU**!

This prayer guide is designed for your personal use, to help keep track of which way(s) of prayer you like best. On the back of this paper are many, but not *all* ways to pray. This is where you will keep track as you experience the type of prayer, the date, like/dislike, and notes as to why/why not, ect. This will serve as a guide when we meet with you one-on –one to discuss your faith journey binder.

**Adoration:**  Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Like/Dislike

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Like/Dislike

Notes:

**Liturgy of the Hours:** Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Like/Dislike

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Like/Dislike

Notes:

**Rosary:**  Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Like/Dislike

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Like/Dislike

Notes:

**Divine Chaplet**: Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Like/Dislike

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Like/Dislike

Notes:

**Guided Meditation:** Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Like/Dislike

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Like/Dislike

Notes:

**Lectio Divina:**  Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Like/Dislike

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Like/Dislike

Notes:

**Journaling:** Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Like/Dislike

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Like/Dislike

Notes: