

# FINDING BALANCE

## Prayer

What does your current prayer life look like? How, if at all, has that changed from six months ago?

Is there anything you would like to change about your prayer life?

Are there activities that you already do that could be linked with prayer (e.g. walking and praying)?

What prayer practice might you want to “try on”? Is there a time during which you could do that practice on a regular basis?

What are the ways in which God speaks to you (e.g. through others, through scripture, through nature)? Is there time when you can spend time intentionally listening to God in that way?

Do you spend time reading the Bible or spiritual texts? How might that become a practice if it is not already?

Is there a balance between talking to God and listening to God in your prayer time?

In what location(s) do you feel most connected to God?

During which activities?

