

# Creating a Prayer Routine

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Okay...so that's a lot of information.  
How do we translate this into an actual prayer life?

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## Create a Prayer Routine.

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### #1 Set a Time to Pray Every Day

- Look at your day. When is there a small chunk of time that is free of distractions, quiet, and available to use for prayer?
- If you don't have a clear schedule, make it the **FIRST** thing you do when the quiet time appears.
  - Nap Time
  - Morning
  - Make sure it is a time you can use **EVERY DAY**

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### #2 Establish a Prayer Rite

- What will you do at the beginning of your prayer to get your body and mind in the spirit of prayer?
  - Create a small chapel in your home.
  - Create a special "prayer journal" that you only use for prayer.
  - Light a Candle.
  - Take a deep breath.

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### #3 Decide what you will do during your prayer time before you sit down to pray.

- Keep it **SIMPLE!**
  - Lectio Divina with the Daily Readings and then journaling
  - Rosary and then silent contemplation
  - Divine Mercy Chaplet
- Don't try to do everything.
  - **REMEMBER:** Study is **NOT** prayer!

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### #4 Start NOW!

- Don't put it off. God is waiting for you now!
- Start today, you can work out the details of your home chapel and prayer journal later.
- Now that you know how important prayer is, how could you wait one more day?

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### #5 Stick with your plan, EVERY DAY, for at least 30 days.

- Make an appointment with God and DO NOT stand Him up!
- Do not give in to resistance!
  - The devil does not want to see you pray, and he fears nothing more than you establishing a consistent prayer life.
  - The devil will try to distract you with "good things" like laundry and reading to the kids...
  - BUT, NOTHING is more important than prayer!

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### #6 Make your prayer time the CENTER of your day.

- We live out our priorities by how much time we dedicate to things.
- If you "don't have time to pray," then you simply don't see it as a priority.
- Prayer and time with God should be your #1 Priority!
- It should be the immovable thing in your day.
- Prayer should be the one thing you do, even if you can't do anything else.

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### My prayer routine:

- 6-7am: Daily Readings and Lectio Divina with my husband, time for prayer journaling.
- Beginning of Naptime: Rosary and Contemplation
- 10-10:30: Spiritual Reading and Night Prayer

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### Journaling Questions

Take time to draft out your prayer routine!

Remember:

- Pick a specific time and place.
- Start simple.
- Pray that God give you the grace to stick with it!



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