

# Evaluating Your Prayer Life

Take a few moments and reflect on the current state of your prayer life by responding to the following questions.

1 (Not Me)                          5 (Neutral)                          10 (That’s Me)

I struggle with having a consistent prayer time.  
1      2      3      4      5      6      7      8      9      10

On average, I pray out of obligation rather than desire.  
1      2      3      4      5      6      7      8      9      10

I use prayer as a last resort after I’ve exhausted all my strength.  
1      2      3      4      5      6      7      8      9      10

My mind wanders constantly when I’m praying.  
1      2      3      4      5      6      7      8      9      10

I let my feelings determine how close I feel to God.  
1      2      3      4      5      6      7      8      9      10

I hesitate to be completely transparent before God when it comes to confessing my sin.  
1      2      3      4      5      6      7      8      9      10

My prayers are often “me” centered and rarely focus on the needs of others.  
1      2      3      4      5      6      7      8      9      10

I sometimes wonder if praying makes any difference.  
1      2      3      4      5      6      7      8      9      10

My prayer life feels stale, generic and rehearsed.  
1      2      3      4      5      6      7      8      9      10

If someone looked at my prayers, they would say I believe in a small God with limited power.  
1      2      3      4      5      6      7      8      9      10

**Total Score:** \_\_\_\_\_

- 10-35            Your prayer life appears to be engaging and vibrant.
- 36- 70           Your prayer life shows signs of life, but could use some attention.
- 71- 100           Your prayer life is stagnant and is creating distance in your relationship with God.

## Evaluating Your Prayer Life

*Take a few moments and reflect on the current state of your prayer life by responding to the following questions.*

Why do you pray? What expectations do you have of prayer?

What three words would you use to describe your prayer life? What makes you answer in the way that you do?

\_\_\_\_\_

Would you say prayer is a priority in your life? Why or why not?

What are the major questions you have and tensions you feel regarding prayer?

When you approach God in prayer, do you see God as a daddy, father, judge, genie, repairman or bail bonds man? How does this image affect your view of prayer as well as the intimacy you experience when you pray? How do you think God feels about the way you approach Him?

Over the past few weeks, has your prayer time become more consistent, more sporadic or stayed about the same? What are the reasons for this?

What do you feel are your biggest obstacles when it comes to developing a consistent prayer life? What can you do to prevent this obstacle from remaining a hindrance?