

## My Spiritual Identity

### Who is God for me at the Moment?

(If possible, draw a rough picture, diagram or image that represents God for you at the moment. Otherwise choose 2-3 of the key words)

### My prayer life at the moment consists of:

### Other ways of prayer I have found helpful in the past

Have you experienced any of these prayer, worship and spirituality options? Mark any you haven't tried but sound interesting to you

- Art and drawing as prayer
- Benediction
- Bible Study as part of prayer e.g. with Bible Study Notes
- Confession before a priest, leader or prayer partner
- Contemplation
- Personal use of Morning or Evening Prayer (book or app)
- Fasting
- Joining a monastic order (e.g. third order Franciscan)
- Lectio Divina (as last week's prayer)
- Liturgical Dance
- Meditation
- Myers Briggs or Enneagram etc. for spiritual development
- New Wine, Soul Survivor, Greenbelt, Keswick, Spring Harvest etc.
- Northumbrian Community, Iona or other Celtic services
- Novenas
- Pray as you Go, Lectio365 or other prayer website or app

- Prayer Journaling or writing
- Prayer Ministry
- Prayer Partner/ Triplet
- Praying and/or Singing in Tongues
- Quiet Days or a longer retreat
- Rule of Life
- Silent or stilling prayer
- Singing hymns or choruses as part of personal prayer
- Spiritual Direction, or Soul friend
- Taizé worship
- The Examen or prayer review of the day
- The Ignatian Exercises



**Where, when and how do you currently pray?**

**What is a realistic pattern of prayer for you?**