

MY PRAYER PLAN

WEEK:

"Behold, I stand at the door and knock. If anyone hears my voice and opens the door, then I will enter his house and dine with him, and he with me" Revelation 3:20

IDEAS

Take this opportunity to think of ways to commit to prayer.

- Rosary
- Divine Mercy Chaplet
- Journaling
- Reading Scripture
- Silent prayer (where you talk to God from your heart)

PLAN

What are you going to specifically commit to? When will you pray? For how long will you pray?

SACRAMENTS

When will you go to (or watch) Mass this week? Have you been to confession lately? Do you need to go?

END OF WEEK

How did you do this week sticking to your plan and receiving the Sacraments? What can you do next week to improve?