

Prayer Formula

Daily Examine

- “Whoops” Where was your “whoops” moment today?

Take time to reflect on today and recognize when you were less than charitable and Christ like in your thoughts and actions.
- Wow Where was your “wow” moment today?
How did this moment make you feel more alive, more loving and more Christ-like?
- Please Where was your please moment ?
What did you ask God to help you with ? What is your petition today? What is your petition for tomorrow?
- Thanks End with a prayer of “Thanks.”
Express gratitude for this day and for every day that has been given to you. Life is a precious gift.

Taken from “*The Catechist’s Backpack—Spiritual essentials for the journey*”
By Joe Paprocki and Julianne Stanz