

Appointment with God

(this prayer exercise is based on the book *Appointment with God* by Fr. Michael Scanlon)

Materials: Bibles, Prayer Journals

The most important thing in life is our relationship to God, and the most important means of nurturing that relationship is daily prayer.

Step 1: Make a daily appointment with God

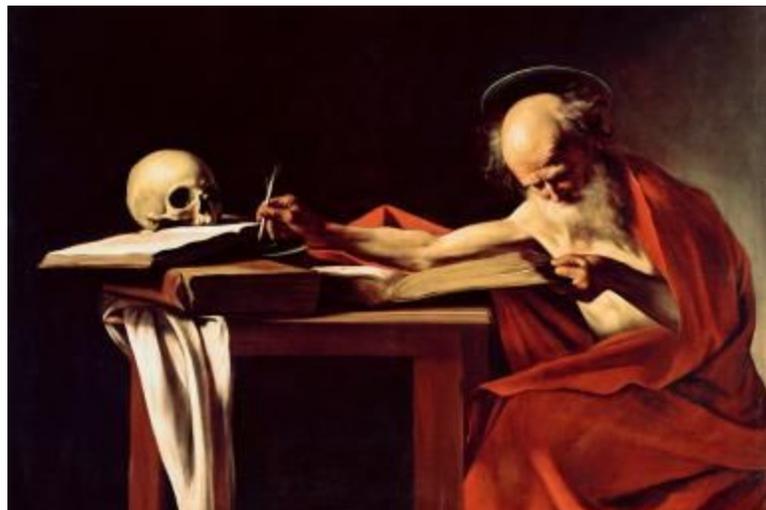
- Scripture verse to look up: **1 Thessalonians 5:16-18**
- Meditation question: Do you struggle with daily prayer? In what ways?
- The only way to grow in a relationship with someone is to spend QT with them every day. When will I schedule my appointment? _____
- Spiritual tip: Half the battle in prayer is just showing up to your appointment. Don't worry about doing it "wrong"--every relationship begins with varying levels of awkwardness!

Step 2: The Right Attitude

- Scripture verse to look up: **Luke 11: 1**
- **Meditation: We live the way we pray and we pray the way we live.**
- Spiritual tip: Praying well means living well. If you take time to pray, you'll have time for everything God wishes you to accomplish in the day and the wisdom to know what He's not asking of you.
- Meditation question: How would you like your life to change?
- Meditation question: What decisions, large or small, do you forget to ask God about?

- **Meditation: No time to pray means no faith in God.**
- Spiritual tip: If God is the last person you turn to to help you, then you are communicating to Him you have no faith in your relationship with Him.
- Meditation question: What would you like God to help you with at this moment in your life?

- **Meditation: Pray as if everything depends on you and work as if everything depends on God.**
- Spiritual tip: Center your day around prayer (instead of squeezing it in or making it fit somewhere) --especially in the morning will help you with your work.
- Meditation question: What activities do you think God is calling you to sacrifice for a greater good in your life?



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