

## Spiritual Exercises ~ Application

### **COMMITMENT**

- a. What prompts you to make the Spiritual Exercises at this time?
- b. Are you willing to make the Spiritual Exercises a priority in your life?
- c. Can you commit to weekly meetings on Saturday mornings for 30 weeks?
- d. Are you committed to pray 1-1 ½ hours per day for 30 weeks?

### **CURRENT EXPERIENCE OF PRAYER**

Do you pray? YES \_\_\_\_\_ NO \_\_\_\_\_

Please describe the following:

- a. Type/style of prayer: \_\_\_\_\_
- b. How often do you pray? \_\_\_\_\_
- c. What do use to pray with? \_\_\_\_\_

### **RELATIONSHIP WITH GOD**

- a. What names or images do you use to describe God? \_\_\_\_\_  
\_\_\_\_\_
- b. How would you describe your current relationship with God? \_\_\_\_\_  
\_\_\_\_\_
- c. If you could see yourself as God sees you, how would you describe yourself?  
\_\_\_\_\_

