**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period\_\_\_\_\_\_\_**

**Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Worksheet for Unit 35: Personal Prayer**

**Directions: Read the Text Unit 35 Pgs. 383- 392 and Answer the questions in FULL Sentences**

1. How do the stages of courtship and married love resemble the major expressions in personal prayer?
2. What does vocal prayer focus on?
3. List a couple of different ways you can pray vocally:
4. What is needed if vocal prayer is to be effective?
5. How can you bring feeling back into vocal prayers if you find them repetitive?
6. What is meditation?
7. Give 3 examples of meditation.
8. Can Catholics use meditation? Why or why not?
9. What is contemplative prayer?
10. How does one develop skills for contemplative prayer?
11. List 3 misconceptions about prayer.
12. What are two difficulties that people face when trying to pray? How do they come about?
13. What are some ways I can overcome difficulties in prayer?
14. What is discernment? How could it be used as prayer?
15. What are forty hours devotion, First Friday and Novenas called (see side bar pg. 386)? Do you know anyone who has ever done one of these special kinds of prayer?
16. Often we are sitting or standing when we pray because we are praying in church. Aside from these two positions, what other postures and gestures can be used for prayer? What does each signify?
17. Describe what makes St. Teresa of Avila a mystic? How do you think her quote at the end of the box relates to prayer?