

Exercise on Emotional Reaction to Prayer

Don't know how to. Don't feel adequate

Nothing

I suck at it

Mystery

Oh no!

How much time? Here we go again

Oh I need to pray so much more!

Weary

I know I should say it's really crucial but if I'm honest my behaviour shows that

I think doing/activity/talking /working it out is what really matters

I don't do it enough. Boring at times

I need to spend more time with God

Not devoting enough time

Don't want prayer to be just a request list

Fear of:

- Not seeming to get what I ask for
- Getting what I ask for
- Getting it wrong

Blockage (constipation)

Frustrating

Can't concentrate for long, often can't hear God

Daunted/ challenged

Oh no, what am I going to say? I'll get tongue tied. Someone will correct me

Must do more

Long

Unanswered prayer

Gosh! Time is short

Expectation of myself

Scary if in a group – will my prayers measure up, will I say the right thing!

I should do it more

Guilty that I never do I enough!

Should do more. Need more time

Is my prayer in accordance with the Father's will?

It's a lot of effort. Doesn't feel like a natural flow of conversation

I need to pray more!

Nothing

Oh no!

Boring

Effort & time & discipline

Inadequacy

Overwhelming – where to start? Am I making a difference? Or doing it properly?

One way conversation

I don't like it. Find it hard to speak

No answers

Yawning

Some surprises, some disappointments

I should / ought to do more of it!

I'm not worthy/right before God. I haven't got the time. Prayer is hard
This is hard work (groan)
Something I should do? To please God
Not enough time
I struggle to get into the "secret place" & feel I don't know how to
Aware of lack of discipline. Burdensome
Tedious, only several ways of communicating with God
Time consuming