

A little room for prayer

Choose 5, 10 or 20 minutes / A gentle structure, not a performance

Try the interactive planner at lifeofacatholic.com/prayer-planner/ for a complete suggested routine. Use this page to make it your own. Written intentions stay on your copy.

My time and place

Arrive

How will I pause and turn toward God?

Notes

Read and reflect

Which short Scripture passage or familiar prayer will I use?

Notes

Speak honestly

What gratitude, concern or person will I bring into prayer?

Notes

Entrust and respond

What small act of love belongs in my day?

Notes

Return gently, day by day

Mark a day when you use your routine. Missing a day is an invitation to return, not a reason to give up.

☐ **Day 1 / Date:** _____

☐ **Day 2 / Date:** _____

☐ **Day 3 / Date:** _____

☐ **Day 4 / Date:** _____

☐ **Day 5 / Date:** _____

☐ **Day 6 / Date:** _____

☐ **Day 7 / Date:** _____

What helped me begin?

What could I make simpler next week?

Original prayer: God, receive this small beginning. Help me listen, speak truthfully and make room for your love in the day I actually have. Amen.