

The 7 Daily Practices of Prayer Worksheet

Instructions:

The Paradisus Dei Prayer Handbook concludes with instruction on adopting seven daily prayer practices that can help you to live a life immersed in God. Jesus reminds us to remain in him: “I am the vine; you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing.” John 5:5 If we desire to grow in the Spiritual Life, we can only do so by staying deeply united to Christ.

This starts in the Sacraments. Frequent reception of Eucharist and regular participation in the sacrament of reconciliation are critical to the spiritual path. Close behind this is prayer, daily prayer to keep you united in Christ.

Use this worksheet in combination with the “Live the 7 Steps Worksheet.” You will find that some of what is recommended in this guide will also be found in the 7 Steps.

Resist the urge to add too much all at once. If today you do not pray daily, choose one or two things that you can start implementing. Once those become a habit, add something new.

Pray as you review the list. Choose what you plan to put into practice. Mark and date them. Intentionally put these into practice over the next 90 days. If possible, find another person to be your anchor and hold you accountable.

When you feel you can easily keep those items going, mark the date you accomplished it and choose something new. If you have started a new practice (such as praying a daily Rosary) that you want to become part of your Spiritual Plan of Life, download the Spiritual Plan of Life sheet [here](#) and add it to your Spiritual Plan of Life.

These prayer practices are meant to keep up united to Christ, so that we can use the 7 Steps to practice virtue and remove vice from our lives. When we do, we create a holt home, a place of superabundance, where it is easy to be good and hard to be bad.

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Practices and Suggestions:	When Where	Date Started	Data Achieved
Morning Prayer: Starting off the day in prayer is essential bringing God into your day. If you can do nothing else, this is a great place to begin. Choose at least one option below.			
As soon as you wake up, acknowledge God and surrender to him.			
Pray the Morning Offering from the front of the prayer handbook.			
Pray the Prayer for the New Evangelization from the front of the prayer handbook.			
Pray the Saint Michael Prayer.			
Pray the Guardian Angel Prayer.			
Pray Morning Prayer from the Liturgy of the Hours.			
Pray Morning Prayer from the Magnificat.			
Pray the Canticle of Zechariah (Benedictus).			
Midday Prayer: The day gets busy. Pausing at noon to center the day on God is a great way to immerse your time in His presence. Choose one:			
Pray the Angelus.			
Pray the Regina Caeli. (in place of the Angelus during Easter)			
Call your spouse to pray together.			
Night Prayer: Bookending the day with prayer goes back to ancient time as a prayer practice. Once you have Morning prayer as a habit, night prayer should be a close second. Choose one:			
Pray an examination of conscience. (Daily Examen)			
Pray the Canticle of Mary (Magnificat).			
Pray Night Prayer from the Liturgy of the Hours.			
Thank God for all the ways He blessed you during the day.			
Pray the Rosary: The Paradisus Dei Prayer Handbook has resources on learning to pray the Rosary. Do you struggle with the Rosary? Watch The Mysteries of the Rosary at www.therosaryseries.com			

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Practices and Suggestions:	Selected	Date Started	Data Achieved
Reading Scripture using Lection Divina: “Prayer should accompany the reading of Sacred Scripture, so that a dialogue takes place between God and Man.” CCC2653. The Paradisus Dei Prayer Handbook give instruction on praying using Lectio Divina. Choose One:			
Pray the daily Mass readings.			
Read the daily Mass Reading Reflection in the Magnificat.			
Choose a book of the Gospels to pray with using Lectio Divina.			
Liturgy of the Dinner Table: Table fellowship was a staple of Jesus ministry. From the beginning of the Old Testament to the fulfillment of time at the Wedding Feast of the Lamb, God has chosen mealtimes as a sacred space. Choose at least one:			
Eat dinner with your family at least five nights a week.			
Pray before meals even when eating out.			
Ban all media from meal times.			
Ask intentional questions of your family during meals.			
Start spiritual conversations over meals: what you read in scripture, the coming Sunday Mass readings, allow the kids to ask question about faith. . .			
Choose a Saint for your family such as St. John Paul II and ask for their intercession at every meal.			
Practice the Presence of God: When we engage in the 7 practices, we will begin to find Christ dwelling in our midst. We need to have the eyes to see through practice. Choose at least one:			
Receive the Eucharist frequently – try to attend a weekday Mass.			
Add a holy water font at your main door to remind you of your baptism and ask for God’s blessing when you leave and return home.			
Place a statue of the Holy Family in a busy place of your home. Each time you pass by, touch Christ’s hand and ask Jesus, Mary and Joseph to pray for you and your family.			
Choose some repetitive tasks in your home or work such as washing your hands as a “prayer trigger” to remind you to raise your mind to God.			

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