

“**A**sk yourself these questions:

How do I pray?

What means do I use?

What results do I expect?

Does my mind wander?

Am I example to others when I pray?

Do I say prayers without thinking of what I am saying?

Do I talk to God in a way that I feel comfortable about?

Am I sure to show respect in my attention to Him?

Do I forget to say ‘Thank You’ even when I do not receive an answer to my prayer the way I wanted it to be?

Do I limit God in my time with Him?

There are so many ways to pray, so many means of prayer. A beautiful way to start the day is to remember to say:

Good morning, God. I love You. Thank You for today. I offer You every thought I will have, every

FEBRUARY 8, 1980

act I make, every example I give to other men. I hope tonight, when I go to bed, I will have gained Grace, dear God, for the things I have done and said. If, at any time, I commit the smallest sin, reprimand me please, so I will not do it again.

I *love You, God, please hold my hand so I will not stray, for I want to make today a day that will help me to grow according to Your Divine Plan.”*