



**LIFE
LINE**
In solidarity with...

**EIGHT DAY
ONLINE RETREAT**
**5th - 12th April
2020**



REVIEW OF PRAYER

- o Review is as important as prayer itself. It is during the review that I understand what happened during prayer, how God communicated to me and how I responded.
- o Review helps me to notice my interior experiences rather than my ideas. It is a time to discern the movements of the spirit during the prayer hour.
- o After the prayer is over, I change my position and do the review of the prayer. The following questions may help.
 - What happened to me during prayer?
 - How did God deal with me? How did I respond?
 - What touched/affected me most during prayer?
 - Did I receive the grace I asked for or did God bless with some other graces? What were my interior movements? Consolation or desolation.
 - Was I faithful to the hour and persevering even in desolation? Did I find the posture conducive?
 - Should I make a repetition of the same exercise?

METHOD OF WRITING THE REVIEW

The review is not a general description of the passage of the scriptures nor is it a summary of the reflections on the passage. It is *the account of inner experience expressed through feelings and affectivity*. Hence the language of the review must be characterized by the language of affectivity such as *I felt.... I experienced.....etc*. The following structure will help:

1. Mention the **theme** of the prayer
2. Mention the **passage in the scriptures** used for the prayer
3. Mention the **grace** you asked for.
4. Describe the experience in the first person using **feeling verbs**

Conclude the review with prayers of praise and gratitude; asking pardon for any negligence in disposing oneself and imploring God's grace for the next hour of prayer.