

# Personal Prayer Life Self-Reflection Tool

*Scripture-Grounded Assessment for Spiritual Growth*

## Instructions

For each question below, select the option (a–d) that best describes your current practice. Use the scoring system (a = 4, b = 3, c = 2, d = 1) and total your score for an interpretive guide at the end. Each question features a key Scripture with a brief application and scholarly footnotes.

#	Question & Scripture Annotation	a (4)	b (3)	c (2)	d (1)
1	<b>How often do you pray each week?</b> “Pray without ceasing.” <sup>1</sup> <i>Application:</i> Consider setting intentional rhythms in your day (see Daniel 6:10). <sup>15</sup>	Multiple times daily	Once daily	3–4 times	1–2 times or less
2	<b>When you pray, what is your typical physical posture?</b> “Every man who prays...with head covered dishonors his head.” <sup>2</sup> “Whenever you stand praying...” <sup>3</sup> <i>Application:</i> Our body can help focus our soul on God.	Kneeling/bowed head	Hands folded/seated	Standing/occasional bow	Slouched or distracted
3	<b>How focused are you during prayer?</b> “Go into your room, shut the door and pray...in secret.” <sup>4</sup> <i>Application:</i> Distraction is normal—work to bring your heart before God.	Fully present, minimal distraction	Mostly present, some wandering	Often distracted	Rarely focused

4	<p><b>Do you incorporate Scripture into your prayers?</b></p> <p>“Pray in the Spirit...with all kinds of prayers.”<sup>5</sup> “If you remain in me and my words remain in you...”<sup>6</sup></p> <p><i>Application:</i> Praying Scripture draws us into alignment with God’s will.</p>	Yes—regularly cite verses	Sometimes—when prompted	Rarely—only general themes	Never
5	<p><b>How honest are you about your needs and failures?</b></p> <p>“Create in me a clean heart, O God...”<sup>7</sup></p> <p><i>Application:</i> God desires truth in our inmost being.</p>	Completely transparent	Mostly open	Somewhat guarded	Very guarded
6	<p><b>How persistent are you when asking for something in prayer?</b></p> <p>(Parable of the Persistent Widow)<sup>8</sup></p> <p><i>Application:</i> Jesus commends persistent prayer—don’t give up!</p>	Keep returning until answered	Return occasionally	Give up quickly	Pray once, then stop
7	<p><b>Do you include praise and thanksgiving in your prayers?</b></p> <p>“Give thanks in all circumstances...”<sup>9</sup></p> <p><i>Application:</i> Thankfulness, even in hardship, shapes our hearts. <sup>14</sup></p>	Every time	Most times	Occasionally	Rarely
8	<p><b>How often do you pray with others (family, small group)?</b></p> <p>“Where two or three are gathered...”<sup>10</sup></p> <p><i>Application:</i> Community prayer strengthens faith and unity.</p>	Weekly or more	Monthly	A few times a year	Never

9	<b>How much time do you spend listening in prayer?</b> “Be still, and know that I am God.” <sup>11</sup> “Speak, LORD, for your servant hears.” <sup>12</sup> <i>Application:</i> Silence creates space for God to speak.	At least 5 min silence	1–4 min silence	Brief pause	No silent listening
10	<b>Do you believe and recall God’s answers to past prayers?</b> “God has surely listened...” <sup>13</sup> “...by prayer and supplication with thanksgiving...” <sup>14</sup> <i>Application:</i> Remembering God’s faithfulness encourages further trust.	Often—clear memories	Sometimes— vague recollections	Rarely remember	Don’t believe He answers

### Scoring Key

- **35–40: Vibrant Prayer Life**

You have a rich, ongoing connection with God in both routine and heart posture.

- **25–34: Consistent Prayer Life**

You maintain a steady practice—reflect on areas (focus, Scripture, community) where you could deepen.

- **15–24: Growing Prayer Life**

Good foundation, but key discipleship habits (honesty, listening, thanksgiving) may need more intentional practice.

- **Below 15: Prayer Foundations Needed**

Consider starting with small, daily steps (e.g. a set time, using Scripture, or 2–3 minutes of silence).

### Personal Reflection Prompt

Take a moment to journal:

**“What one area of my prayer life do I sense God inviting me to grow in this season?”**

## Scriptural References & Footnotes

1. **1 Thessalonians 5:17** – “Pray without ceasing.”
2. **1 Corinthians 11:4** – On prayer posture.
3. **Mark 11:25** – “And whenever you stand praying...”
4. **Matthew 6:6** – “Pray to your Father who is in secret.”
5. **Ephesians 6:18** – “Pray in the Spirit on all occasions...”
6. **John 15:7** – “If you remain in me and my words remain in you...”
7. **Psalms 51:10** – “Create in me a clean heart, O God...”
8. **Luke 18:1–8** – Parable of the Persistent Widow.
9. **1 Thessalonians 5:18** – “Give thanks in all circumstances...”
10. **Matthew 18:19–20** – Christ’s promise in communal prayer.
11. **Psalms 46:10** – “Be still, and know that I am God.”
12. **1 Samuel 3:10** – “Speak, LORD, for your servant hears.”
13. **Psalms 66:19** – “God has surely listened and has heard my prayer.”
14. **Philippians 4:6–7** – “By prayer and supplication with thanksgiving...”
15. **Daniel 6:10** – Daniel’s daily prayer routine.

*You are encouraged to make copies of this tool for personal or group use and to adapt it further according to your context.*