

Feedback Form Explanation:

Please fill out the feedback form for each meditation that you pray through. This has two purposes:

The first purpose is to help me see problems in what I have written. What I wrote might be hard for people to understand, difficult to pray with, or be mistaken in some way. If I know where you are having trouble, I will also know what to improve.

The second purpose is to teach you the art of gathering up the fruit of your meditation and writing down a record of what God is doing in your prayer. This will help the meditation be more fruitful in your life and prepare you well for spiritual direction.

***Email me your feedback forms at: jesse@zeteoculture.org
Or mail them to: 13431 56th Dr. NE, Marysville, WA 98271***

Feedback Form:

1. Which meditation did you do?
2. How many minutes did you meditate?
3. What were some things you liked about this meditation?
4. Did you pause to think, imagine, talk to God, and ask for His help while you read?
5. Did you do more thinking or imagining?
6. Did you do any *contemplatio* (resting with your insights or affections)?
7. Were there any parts of the meditation that didn't make sense?

Journaling after Prayer:

8. How distracted were you during prayer today?
9. How much desolation (feeling heavy with doubts, discouragement, or selfishness) did you experience during prayer today?
10. How much consolation (being strengthened in faith, hope, and love) did you experience during prayer today?
11. What insights did you have?
12. What emotions did you experience?
13. What desires did you have?
14. What did you choose?
15. What actions did you decide to take?
16. Is there anything from this prayer time that you think the Lord might want you to pray more about?