

Conversive Prayer Worksheet

At times there is so much internal “noise” (emotional pain, upsetting worries and fears, physical and psychological distress, anger or resentments, and the like) that it seems impossible to be silent and listen attentively to God. In moments like this an exercise with “Conversive Prayer” may be of help. Conversive prayer is a time of connection with God that is conversational, attentive, and receptive to His guidance. In this worksheet Conversive Prayer is made into a written exercise structured around the first three steps of [AA’s twelve step program](#).

Connection

“Connection” is a time of emotional safety and comfort that I spent resting experientially in the strength and grace of God’s presence and care. It is communion that involves sharing my thoughts and feelings with God, who is attentive to my needs. It is also a time of silence and contemplative listening to God’s reflections on my thoughts and needs, trusting that He will convey His impressions to me as I listen. It is a time to express the content of my internal life to God and experience a connection with Him based on a safe attachment relationship of trust and love. It is a place of vulnerable honesty that is grounded in the knowledge that He is more concerned with drawing me close to Him than He is in passing judgments on me. His guidance and redirections are for my good so that I can be the person He is creating me to be. His judgments for all I’ve done or will do have fallen on Jesus, who has freed me for a different life with God.

Conversational

Conversation is made by both talking and listening. It is an exchange of thoughts that are shared in a meaningful relationship based on trust, respect, and love. My needs may be hard or impossible for me to express in words alone. Conversive Prayer is a conversation that the Holy Spirit empowers. He puts my worries, emotional pains, my life situations, and even my physical pains and feelings into unspoken words for me. God can listen to the Spirit’s intercessions, freeing me to simply hold up my needs to Him in trust without having to know the right words.

Attentive

Conversive prayer is meditative and contemplative. Attentive listening means listening with intension. It is an expression of my intent to allow God’s presence and power to remove the barriers that block or interfere with a close connection to Him. It is listening that is freed from the work of finding solutions that I cannot find without God’s help, trusting that He already knows what I need and desires that I know it, too.

Receptive

Being receptive means that I can safely entrust myself to God, knowing that He cares for me. It means that it’s safe to open up to Him, that I don’t have to hide or protect myself from Him. He wants to be a father to me in the best sense of the word, a good and safe Heavenly Father. Receptivity is part of my attachment relationship with Him that forms a lifeline of comfort and strength, opening me to the grace He offers to me to empower my life.

Guidance

Guidance is finding the course I need to take in order to have a meaningful and satisfying life in relationship with God. Guidance comes in the form of His direction and redirections. I may make choices and decisions in my life intended to make things better for me and the ones I love but I do so with an eye on Him, watching for any signals (impressions— thoughts, feelings, or ideas that He impresses on me spiritually—including scripture and wise counsel from trusted friends) that keep me on a path only He can see. Stepping off the path is only an opportunity to receive new course corrections from the God who cares for and shepherds my soul.