

### **Reflection Questions #7**

In this chapter, James Martin explains three main methods of prayer: Ignatian contemplation, *lectio divina*, and centering prayer. In addition, he mentions some other prayer forms like communal prayer, journaling... Have you ever prayed in any of these ways? What was your experience like? Is there something Fr. Martin wrote about that you haven't tried but would like to try?

### **Reflection Questions #8**

Chapter 8 discusses "the surprising freedom of downward mobility." What about living a simpler life attracts you? What keeps you from living this kind of life?