

LIKE any other college student, finding time to exercise my faith is difficult. However, one way I attempt to do so is through prayer. I routinely say small prayers throughout the day, especially in gratitude for everything God has given to me. Although I don't always have time to stop what I'm doing to kneel and pray, I make time to smile at the first glimpse of the sun and the beginning of a new day. I find smiles, like prayers, bring joy to those who give them and to those who receive them.

Ashley O.

Freshman, International Business

Saint Mary's College, Notre Dame, IN

EVERY day when I'm driving from my house to school or work, I see my mountains, the beautiful Organ Mountains that God created! They remind me to thank God for the beautiful day.

Christen K.  
Sophomore, Secondary Science Education  
New Mexico State University, Las Cruces, NM

AS a busy college student, I do my best to incorporate God into my life in a variety of ways. There are many days where I don't feel that I can spend a great deal of time in meditation. So instead, I look for God in the simple parts of my day and praise him in everything that I do, large and small. I try to say a short prayer or read a devotional in the morning to start off my day. Later in the day, I say short little prayers. For example while walking through campus I will praise God for newly fallen snow or for seeing an old friend. Whenever I drive to work, I usually either pray a decade of the rosary or listen to Christian music. I've also found that I really enjoy praying the rosary during a walk or run. However, my favorite way to pray is to stop in at our Newman Center sporadically to pray in front of the Blessed Sacrament and to just talk to Jesus.

Kate H.

Sophomore, Business Marketing and  
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SO life as a college student can be very hectic, right? Well I have found that the only way that I can survive the craziness of college is through my prayer rituals. In the morning when I put on my jeans, I slip my rosary ring into the right pocket so that I have it on me all day. Even if I don't get an opportunity to recite the rosary, I can rub it and focus better on my work. When the weather is nice, I walk eleven minutes down the road to a nearby lake and forest where I can reflect on my life and journal about my faith in God.

Catie F.  
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## For Further Reflection

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- **How do I believe that God is interested in the details of my daily life?**
- **What are some times during my day that I can set aside for prayer?**
- **How can I make prayer a part of my current daily activities?**
- **How can I recognize God in the events of my day?**