

The Prayer Process

Gratitude: Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

Awareness: Revisit the times in the past twenty-four hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

Significant Moments: Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

Peace: Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep abiding peace.

Freedom: Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

Others: Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

Finish by saying the **Our Father**.

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