

# The Prayer Process

## 1. **Gratitude:**

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

## 2. **Awareness:**

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

## 3. **Significant Moments:**

Identify something you experienced in the last twenty-four hours and explore what God might be trying to say to you through that event (or person).

## 4. **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 and abiding peace.

## 5. **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.

## 6. **Others:**

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

## 7. **Pray the Our Father.**