

# 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-yourself. 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*.



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