

The Prayer Process

Source: www.dynamiccatholic.com Be Bold. Be Catholic.

1. **Gratitude:** Begin by thanking God in a personal dialogue for whatever you are most grateful for today.
2. **Awareness:** Revisit the times 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 have experienced 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.**