

THE PRAYER PROCESS BY MATTHEW KELLY

In The Prayer Process we take time — a minute, two minutes or maybe ten minutes - to spend time with the Lord every day. Pick a specific time when you will pray; ex. Morning Prayer or Night Prayer. It is an intentional way that we grow in our faith. The seven steps of The Prayer Process are as follows:

1. Gratitude:

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

2. Awareness:

Revisit the times of 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 today 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. Finish by praying the Our Father.

Our Father, who art in heaven hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.