

The Prayer Process

God loves it when we talk to him. He loves it when we talk to him in our hearts throughout the day. He also loves it when we take a few minutes each day just to talk to him.

We call this conversation with God prayer. Sometimes when we sit down to pray we don't know what to say to him. The Prayer Process is a simple way to make sure we always have something to say to God. It is made up of seven easy steps. Each step is designed to guide your daily conversation with God.

1. Thank God for whomever and whatever you are most grateful today.
2. Think about yesterday. Talk to God about the times when you were and were not the-best-version-of-yourself.
3. What do you think God is trying to say to you today? Talk to him about that.
4. Ask God to forgive you for anything you have done wrong and to fill your heart with peace.
5. Talk to God about some way he is inviting you to change and grow.
6. Pray for the other people in your life by asking God to guide them and watch over them.
7. Pray the Our Father.

This is a simple way to have a conversation with God each day during your quiet time. Through prayer God helps us to become the-best-version-of-ourselves, grow in virtue, and live holy lives.

