

the PRAYER process

STEP 1 GRATITUDE

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

STEP 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.

STEP 3 SIGNIFICANT MOMENTS

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

STEP 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.

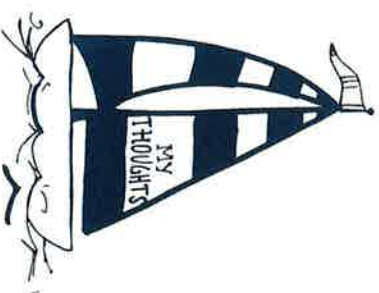
STEP 5 FREEDOM

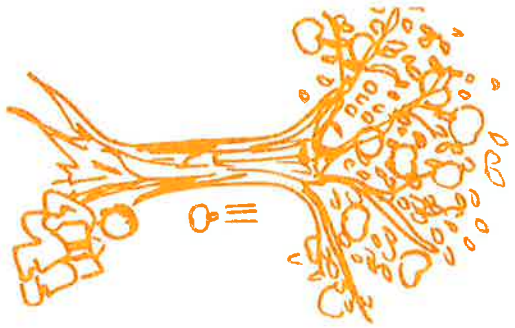
Speak with God about how He is inviting you to change your life so that you can experience the freedom to be the best version of yourself.

STEP 6 OTHERS

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

STEP 7 PRAY THE OUR FATHER





4.3 The PRAYER Process

Isaac Newton's first law states: An object at rest stays at rest and an object in motion stays in motion at the same speed, unless acted on by an external force.

The hard part is getting started. Have you ever noticed that when you sit down to start writing a paper, you get distracted by a million things? You remember three things you needed to do, you decide you are hungry and go to the fridge, you need to go to the bathroom, etc.

Getting started on anything can be excruciating. A space shuttle uses 96 percent of its fuel at takeoff.

It can be very difficult at first to take prayer seriously too. I don't say that to discourage you. I tell you this so that when you experience the difficulty you will realize it is normal and you will persevere.

The hardest things to do are those that have never been done before. The first time man went to the moon was incredibly difficult because everything had to be learned from scratch. Prayer isn't like that. Great men and women have been practicing prayer for thousands of years, and we can learn a lot from them.

Most people either don't pray at all or don't pray very much, because nobody has ever really taught them how to pray. In this session I am going to teach you **The Prayer Process**. I developed The Prayer Process a few years ago after studying hundreds of methods of prayer, because I wanted to give people a simple process that they could use every day to guide their conversation with God.

After all, that is what prayer ultimately is: a conversation with God.

The Prayer Process is designed to be very simple, yet deeply personal. It is made up of seven simple steps.

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 past twenty-four hours and explore what God might be trying to say to you through that event (or person).

GETTING STARTED

The hardest part of anything is getting started. Prayer is no different. If you are having trouble, use the Psalms to pray. The Psalms are a powerful collection of prayers. Use them to get started—they will teach you how to pray, and before too long your own words will begin to flow.

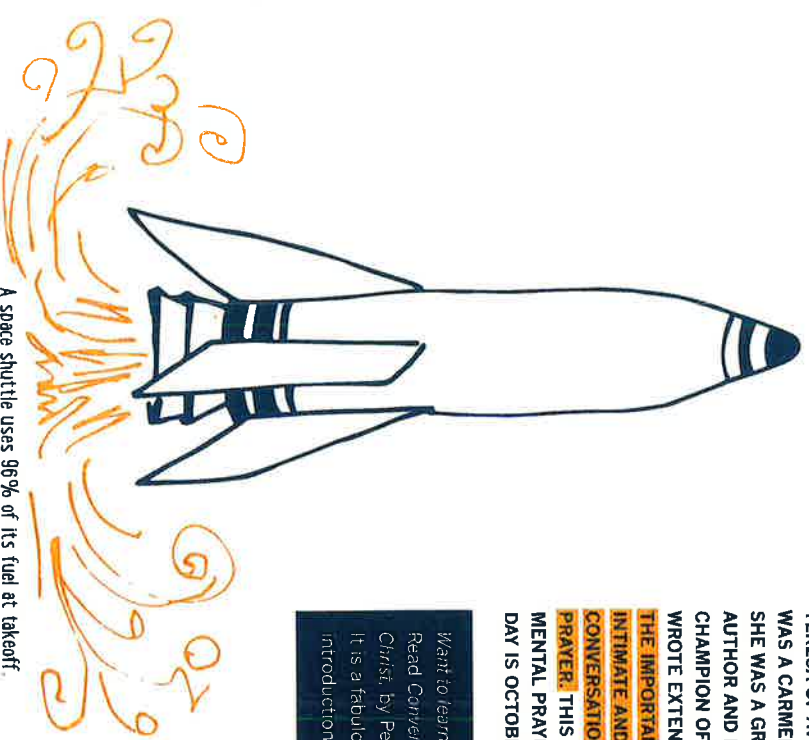
4. **PEACE:** Ask God to forgive you for any wrong you have committed (against yourself, another person, or Him) and to fill you with a deep and abiding peace.

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.**

The Prayer Process is quite simple and, like most things, easy to talk about. But the best way to understand it is to practice it!



A space shuttle uses 96% of its fuel at takeoff.

WHO WAS
ST. TERESA
OF
AVILA?

TERESA OF AVILA (1515-1582)
WAS A CARMELITE NUN.
SHE WAS A GREAT CATHOLIC
AUTHOR AND MYSTIC, AND A
CHAMPION OF PRAYER. TERESA
WROTE EXTENSIVELY ABOUT
THE IMPORTANCE OF HAVING
INTIMATE AND PERSONAL
CONVERSATION WITH GOD IN
PRAYER. THIS IS KNOWN AS
MENTAL PRAYER. HER FEAST
DAY IS OCTOBER 15.

Want to learn more?
Read *Conversation with
Christ* by Peter Rahnbach.
It is a fabulous
introduction to prayer.