

THE SEVEN STEP PRAYER PROCESS

Matthew Kelly



GRATITUDE

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

AWARENESS

Revisit the times this past day when you were and were not the best version of yourself. Talk to God about these situations and what you learned from them.

SIGNIFICANT MOMENTS

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

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.

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.

OTHERS

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

CLOSING

Finish by praying the Our Father.