

## THE PRAYER PROCESS BY MATTHEW KELLY

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His Web Site: [DynamicCatholic.com](http://DynamicCatholic.com)

**Be Bold. Be Catholic.**

*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.