

Matthew Kelly
“The Four Signs of A Dynamic Catholic”

The Prayer Process

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 with 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.

▶ *The information has been reprinted with permission from Matthew Kelly.*

▶ *For more information on Matthew Kelly, visit his website at www.matthewkelly.com*