**‘The Prayer Process’**

Prayer is what helps nourish our faith and yet it can sometimes be difficult to know how to pray, especially if you haven’t done it in a while. **‘The Prayer Process’** was developed to help people with their daily prayers (it’s from the Rediscover Jesus which you will hopefully get to read in RE). Please use this to help you draw closer to God, receive his comfort and reflect upon his will for your life.

During this busy time when we are all so busy and especially with online learning and any worries or concerns we may have about ourselves, or family, friends and out society, you will find it helpful to take a few minutes in quiet prayer.

Each day, put some time by for you to reflect and pray. This sheet will help you.

**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 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.**

Taken from **Rediscover Jesus: An Invitation** by Matthew Kelly