

TODAY:

Pressing/Stressful Things TODAY:	Things I NEED HELP with:
----------------------------------	--------------------------

LIES attacking me:

I am being told "I AM NOT ENOUGH" for Love by this experience or narrative today:	I am being told "I AM ENOUGH" to do this all on my own, (without God and without others) by this experience or narrative:
---	---

I am grateful that I am PARTICIPATING in:

A Transformation/ A Healing/ A Liberation/	People I love
--	---------------

Psalm and Scripture prayed today:

Words or phrases of Prayer that I want to hold on to:

Now spend as much time in Silence as your day allows, consenting to God's Spirit praying through you. Use the Prayer words or phrases above to focus your continued consent to God's movement in your life.

Close with the words Jesus taught for prayer:
Our Father in Heaven, Sacred is YOUR name, make YOUR Kingdom come, make YOUR Will be done now on Earth as it is in Heaven, Give us today our daily needs, and forgive us our sinful failures, as we let go of the way people have hurt us, and lead us away from the lying temptations.