

Prayer

[The life of the new heart]

Ask for God's help to pray and always begin by acknowledging His infinite closeness.

P.R.A.Y.

Prepare. What passage will you use? Become aware of God's presence.

Reflect. Read 3 times slowly pausing in between. Acknowledge the words or phrases that stand out. Use your thoughts, imagination, senses, and emotions.

Apply. What is happening in the text? What truth is being communicated? How does it apply to my life? What is God asking of me? Make a firm resolution to put your prayer into action and ask for the grace to carry it out well.

Yield. Be still in God's presence.

A.C.T.S.

Adoration. Acknowledge who God is (i.e. king of kings, Lord of lords, One and Only True God, my Comfort, Healer of my Heart, my best friend, etc...)

Contrition. Review your day and ask for God's help to know your sin. Repent, resolve to love God more, and ask for God's help. If you've sinned mortally, determine when you will go to confession. Ask God for understanding: what led you to sin? What did you perceive it would satisfy?

Thanksgiving. Review your day and express your gratitude to God for specific moments.

Supplication. Ask God to provide for the needs of the Church, your family, your friends, and yourself. Ask with courage and faith acknowledging God is a good Father.

Prayer

[The life of the new heart]

[Habit Of Prayer]

How will I pray?

When? For how long?

Where?

Who can I share my prayer with and will keep me accountable?

28 DAYS TO A NEW HEART

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[Daily Journal Entry]

I PRAYED WITH...

GOD IS SAYING...

MY RESOLUTION IS TO...