

SAMPLE PRAYER FOR MOVING TOWARDS COMMUNION WITH GOD

My Father, I realize that I live most of my life in _____ or in moving between _____ and _____. In my mind I want to know You and walk with You each moment of each day, but there are things in my heart that keep me from entering Your presence and staying there.

I ask that you reveal the areas of my heart that do not trust You or that fear You in an unhealthy way.

I ask that you show any places where I have cut myself off from my fellow man, especially my parents, and thus from relationship with You. Give me the grace to forgive those who have hurt me and to walk in an attitude of forgiveness.

I realize, Lord, that I am incapable of changing myself and the ways that I have chosen to avoid intimacy with You and others. So I choose now to come boldly before Your throne and rely upon your grace and your mercy in this my time of need.

Lord, I ask that You grow in me a heart of gratitude. Open my eyes to see the many blessings that You have poured out on me. Show me any of my own sins that hinder Your blessings from flowing.

I realize that I may need extra help to bring me to the knowledge and repentance of unknown sins. Please go ahead of me and prepare a time and place for such a healing.

I choose to trust You, Lord, even though I don't even know what that looks like. Be the Author and the Finisher of my faith. Accomplish that good work that You have begun in me.

Amen.