

**You can pray  
every day  
it just takes...**

# PRACTICE

**Preparation** *Whenever you pray, go to your room, close your door and pray to your father in private. Then your Father, who sees what no man sees, will repay you. Matt. 6:6. Find yourself a suitable **time** and **place** for prayer--a time when you wont forget, and a place where you wont be interrupted.*

**Reflection** *Be still and know that I am God. Psalm 46:11. Let s face it, we all have a zillion distractions. So close your eyes and place yourself in the presence of God. Do your best to put aside the things that keep you from focusing. Recite the Our Father. Really think about the words you re saying.*

**Adoration** *Not to us, O Lord, not to us but to your name give glory because of your kindness, because of your truth. Psalm 115:1. To adore God is to **praise** Him. It s a very good thing to do. Tell Him what you like about Him. Honor Him for His generosity. If you give it some thought, there s a lot to praise God for.*

**Confession** *I said, I confess my faults to the Lord, and you took away the guilt of my sin. Psalm 32:5. God already knows what you ve done wrong, but you need to confess it all the same. It clears the air in your relationship with Him and removes obstacles. Be confident in the mercy of God and the blood of Christ which covers your sins. If you re aware of having committed a serious sin, make it a point to get to confession soon. The priest is appointed by God to forgive your sins. Look up John 20:23*

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**Thanksgiving** *Whatever you do, whether in speech or in action, do it in the name of the Lord Jesus. Give thanks to God the Father through Him. Colossians 3:17. Gratitude is the key to God's heart. Telling God how grateful you are makes Him happy--and it also moves Him to be even more generous! Thank Him for what He has done for you and for the people you love. Thank Him for answered prayers. There's a lot to thank Him for.*

**Intercession** *Ask and you will receive. Seek and you will find. Knock, and it will be opened to you. For the one who asks, receives. The one who seeks, finds. The one who knocks, enters. Mttw 7:7,8. Did you ever think that the reason you don't get more from God is because you don't ask Him enough? When you ask for Jesus to help you, you've enlisted a powerful helper--and remember, the Lord will answer your prayers in one of three ways: 1. Yes. 2. Yes, but not yet. 3. No, I have something better for you.*

**Conclusion** *Let the words of my mouth and the thoughts of my heart find favor before you, O Lord, my rock and my redeemer. Psalm 19:15. When you say, Amen, it means, so be it! In other words, I mean what I said! Conclude your prayer by saying a **Hail Mary**. Place yourself under her motherly protection. Hey, don't knock it, it works!*

**Enactment** *None of those who cry out, Lord, Lord, will enter the kingdom of God but only the one who does the will of my Father in heaven. Matt 7:21. We can't praise God with our voices if we don't praise Him with our choices. Act on your prayer. Make decisions about how you will live better, and put your decisions into practice. Ask Jesus daily for the grace to live as a faithful child of God.*

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