

# PRAYER TEMPLATE

## **BREATHE**

Breathe in and breathe out, feeling the holy presence of God, Jesus, and the Holy Spirit.

## **GREET**

Welcome God, Jesus, the Holy Spirit, or the Trinity. Examples might include Creator God; God our Father; Jesus our Savior; Jesus our Teacher; Spirit of Peace; Holy Spirit, our Comforter; Holy Advocate; our Lord.

## **GIVE THANKS**

For your parents, brothers, sisters; for those who support you and believe in you; for your friends; for your relatives; for your neighbors; your school; your teachers; your counselors; your church; your pastor; your civic leaders, etc.

## **ASK**

For God, Jesus, the Holy Spirit to BE WITH you; to be with me or particular people; to HEAL me or others; to HELP others in a particular task or challenge; to INSPIRE me or my family when we lack the drive and energy to do what we must do; to LIFT UP the poor, the oppressed, the homeless, the hungry, and the persecuted throughout the world.

## **BLESS**

“Bless Your Holy Name!” We are AWARE of the sacred name of God and the sacred presence of God with me and among us.

## **BREATHE**

Prayer CHANGES us! We become more deeply planted in God’s love when we pray. We become closer to God. We breathe in the Spirit to remind ourselves of the holy conversation we have had with God. We breathe out God’s love.