Prayer from Morning to Night

Use the following prompts to think about how you pray:

**1.** My preferred morning prayer is . . .

**2.** My chosen anytime, anywhere prayer is . . .

**3.** My preferred evening prayer is . . .

The following formula can be used to guide your prayer at the end of each day.

**Thank** Thank God for all the good things that happened during the day, trying to name them as clearly as possible.

**Review** Reflect on your attitude and actions during the day. Try to be honest in assessing the good as well as the bad or destructive things you did or said or felt.

**Ask** For any actions or attitudes that hurt others or kept you from being the person God calls you to be, ask God to forgive you and help you to make amends. Or ask God to give you what you need, such as guidance when you are facing difficult decisions or challenges.

**Promise** Make a commitment, with the grace of God, to keep growing as a disciple of Christ.