

Father, thank You for your goodness, grace, and mercy.

Thank you for _____ (mention something He has done for you -big or small-: something good that happened today or something that you are grateful for).

Mention why it was good - helpful, comforting, improved your life or someone else's.

Do this as few or as many times as needed to discuss the things that come to you.

Thank you I can trust You with all parts of my life and that I don't have to worry but can instead ask You for help in prayer.

Father, I pray for _____ (mention a person or situation you are concerned about).

Give as few or as many details as you are comfortable with.

Do this as few or as many times as needed to discuss the things that come to you.

Lord, I am struggling with _____ (mention some area of sin you are dealing with).

Give as few or as many details as you are comfortable with.

Will you please help me to overcome this?

Thank you I can trust You to help me with these struggles and that You are working on these situations, even when I can't see it.

Thank you I can trust You to do what is best in each of these situations.

Please give me the courage, strength, and wisdom to follow You, Your way.

Thank you for loving me more than I can ever ask or imagine.

In Jesus name I pray, amen.