

## My prayers are heard.

I believe that my God listens to me. I feel loved and supported. Praying helps me to learn more about myself and what I need to do to lead a meaningful life.

I reach out for help. I receive the strength and resources to overcome challenges when I am willing to put forth my own enthusiasm and efforts.

I express gratitude. Being appreciative helps me to see how God works in my life.

**I deepen my relationship with the divine.** I discover more opportunities to integrate my faith into my daily choices. I become more competent and courageous.

I remove obstacles that make it difficult for my prayers to be heard. I focus on being content with what I have, instead of craving more attention and possessions. I open up my mind to new possibilities, instead of insisting on having my own way.

I pray through my actions as well as my words.

I pray on my own and with my spiritual community. Individual prayer helps me to transform myself while corporate prayer add more power to my intentions.

I use my prayers to build two-way communication. **Comm listening as well as talking.** I receive more guidance wh rather than a monologue.

Today, I have confidence that my prayers are heard. I pra conviction.

### Self-Reflection Questions:

1. How do my prayers help me to understand myself'
2. How can I maintain my faith if I don't receive an ar
3. Why is it important to pray for others as well as my

