

# P.R.A.Y.

## P = PRAISE

...That elicits His presence. Praise God for who He is and what He has done.

## R = REPENTANCE

...That leads to reflection. Ask God to reveal to you your sins and to cleanse your heart and hands.

## A = ASK

Aligning our hearts to His heartbeat as we ask. Petition the Lord for your needs and the needs of others. That our hearts will come in alignment with God's heart.

## Y = YIELD

Yielding worries and burdens to Him, trusting in Him. Give your worries and burdens to the Lord and leave them there, trusting He will take care of them.

