

## ***The Lords Prayer***

“Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done, on earth as it is in heaven.  
Give us today our daily bread.  
And forgive us our debts, as we also have forgiven our debtors.  
And lead us not into temptation, but deliver us from the evil one.”

## ***JT's Morning Prayer***

Hi Jesus (wait)

Will you be close to me? (Wait)

Will you tell me who I am? (Wait)

Can you help me today? (Wait)

Is there anything you'd like to tell me? (Wait)

## ***Prayer of Examine***

1. Place yourself in God's presence. Give thanks for God's great love for you.

2. Pray for the grace to understand how God is acting in your life.
3. Review your day — recall specific moments and your feelings at the time.
4. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
5. Look toward tomorrow — think of how you might collaborate more effectively with God's plan

***Come Holy Spirit***