

Morning Prayer

Use this as a guide if you get stuck on what to pray. You can use the whole list each morning or only 1 or 2 ideas.

Meditate - Begin with scripture

Observe - your life; lessons, what you notice

Release - worries, burdens, and struggles

Nourish - declare who God is and says you are

Intentions - claim a quality you want to
embody

Nurture - your relationship with God. Listen.

Gratitude - thank God for 3 gifts He's given

