

# Prayer Guidelines

*Until Easter Sunday: March 31, 2024*



**Pray 5 times a day with the goal of becoming more conscious and aware of God's presence and power in your life**

*Consider the different types of prayers you can do every day*

- **Breath Prayer**

- When you wake up in the morning, take a brief moment to take deep breaths while saying "YAHWEH." Inhale "Yah" and exhale "Weh." Simply call upon Yahweh God. As you breathe be conscious of breathing in God and breathing out God and in your thoughts commit your day to God.

- **Meal Prayer**

- Before you eat, take a brief moment to say, "Thank you."  
*Gracious God, thank you for this food, the earth that produced it and the hands that prepared it. In Jesus' name, Amen.*

- **Thank you Prayer**

- At the end of the day, thank God for all the good that took place.  
*Loving God, thank you for your provision and protection today. Grant me the rest that I need for tomorrow. In Jesus' name, Amen.*

- **Silent Prayer**

- Sit in silence for 5 minutes and decompress before God.

- **The Lord's Prayer**

*Our Father who art in heaven,  
hallowed be thy name  
thy kingdom come, thy will be done  
on earth as it is in heaven  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil,  
for thine is the kingdom,  
and the power and the glory forever. Amen.*